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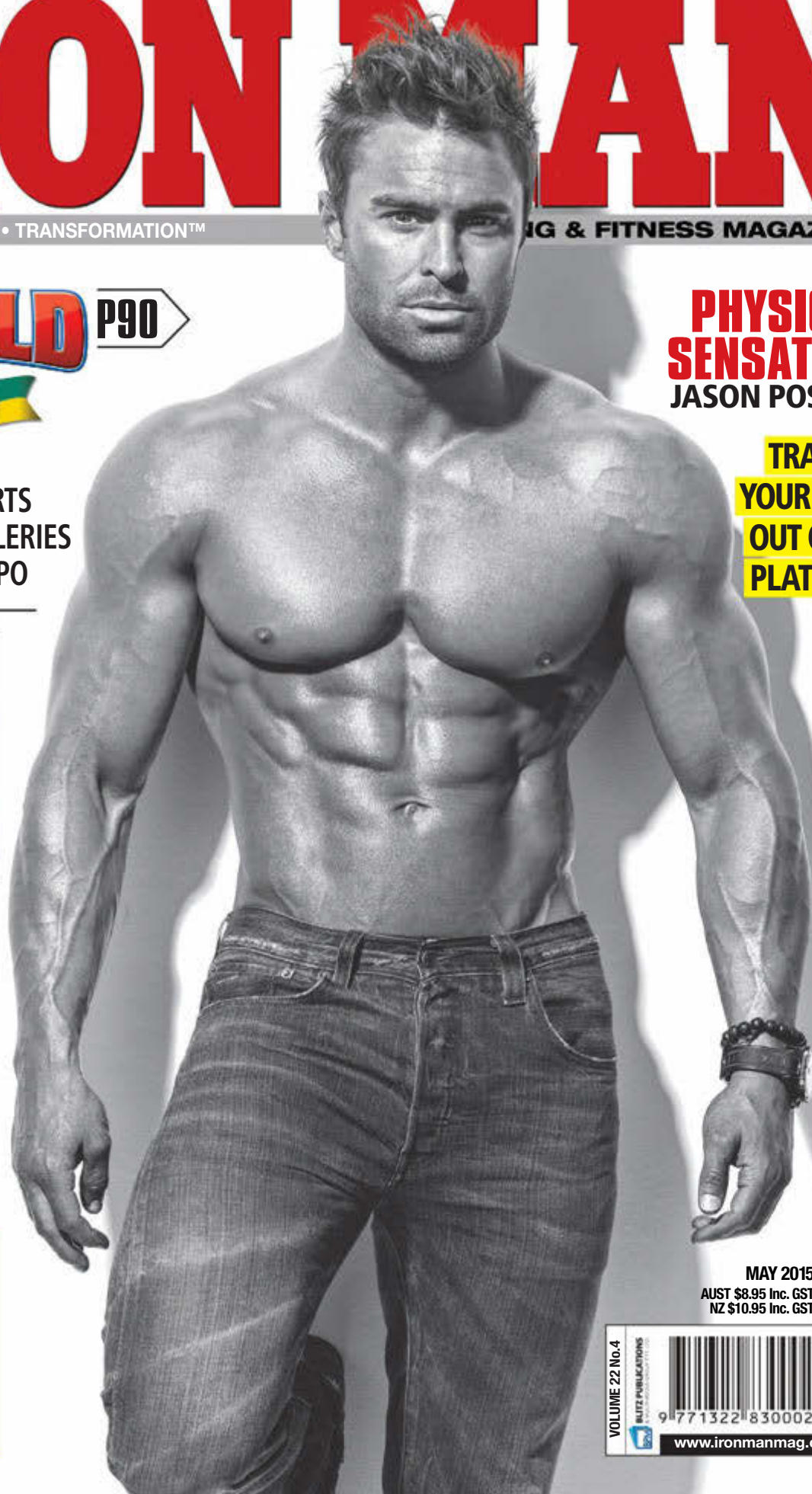
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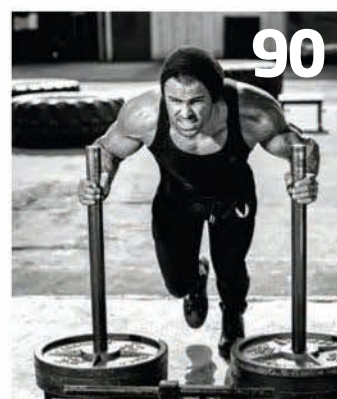
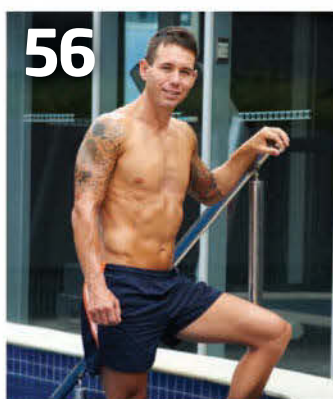
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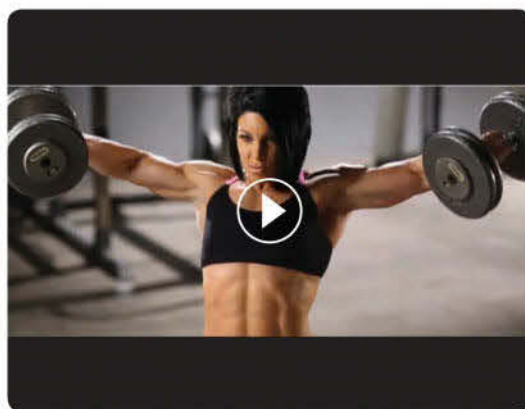


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# AUSTRALIAN IRON MAN

BODYBUILDING & FITNESS MAGAZINE

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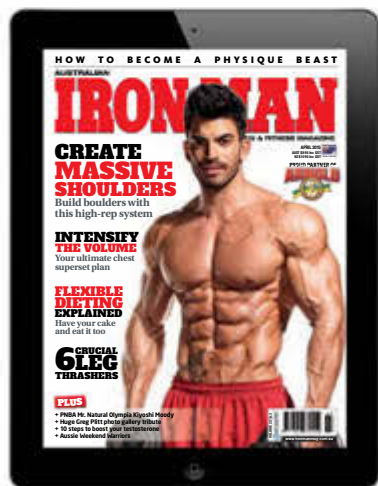


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## PUBLISHER'S LETTER



BY SILVIO MORELLI

## Beyond the limits

**"If you always put limits on everything you do, physical or anything else, it will spread into your work and into your life. There are no limits. There are only plateaus, and you must not stay there, you must go beyond them."**

– Bruce Lee

This quote from the great Bruce Lee is very apt for what I want to talk about today: pushing through the boundaries and going beyond what has been done before.

In this issue of *Iron Man*, you'll find our complete coverage of the Arnold Classic Australia, a giant undertaking by all involved, including a massive effort by the team here at Blitz Publications. As the official media sponsors – and also as promoter of the Arnold Classic Martial Arts Festival – we were right there in the trenches making this incredible event happen.

Started 27 years ago in Columbus, Ohio, USA, the Arnold Classic began simply as a bodybuilding show but over the years grew to be one of the biggest sports festivals in the entire world. Arnold Schwarzenegger and his partner Jim Lorimer faced many obstacles in establishing their show but they would accept no limitations.

This is where Bruce Lee's quote comes in. As Bruce says, "There are no limits." It's something Arnold understood intensely – and look at what he managed to achieve. He would not let himself have limits. He learnt this from his early days in bodybuilding too. No limits, no plateaus.

And we drew inspiration from Arnold's attitude when undertaking the Arnold Classic Australia. He had already shown us how to tear down the limits and go beyond them.

Another person who did not accept the limits is our 2015 BodyBlitz Grand Champion, Gavin Doran, who recovered from neck surgery and decided to change his life once and for all. He flew to Thailand to train in a Muay Thai camp and came back 16 kilos lighter. You can read his story in this issue.

There's an obvious carryover to training in the gym when we talk about not accepting the limits. You must go beyond your plateaus; keep moving and you will achieve great things. In this issue, to keep you going, we have many plateau-busting training articles. In 'Bigger, Stronger, Better', you'll find an incredible way to get out of that training rut, while in '21st Century Abs', there's a system of core workouts that take advantage of all the expert information built up over the decades. As well, Aussie fitness model Sonny Brown shares his 'Back and Biceps Blast' to help you improve those favourite body parts.

There is an absolutely stacked issue of *Iron Man* ahead of you. Get into it – and go beyond.



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## Nathan Wallace

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Natural Body-building Sensation Nathan Wallace may be one of the most dedicated, disciplined and mindful young body-builders on the Natural World Circuit today. Nathan understands the importance of high quality supplementation to a nutritionally sound diet plan. That's why Nathan chooses GEN-TEC.

## Ange & Nick Jones

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## Joel Ramintas

Natural Mr World, Mr Olympia & Mr Australia

Popular veteran Natural Body-building Champion Joel Ramintas has earned himself an abundance of Australian and International Body-building titles. Joel is the original GEN-TEC sponsored athlete who stands for everything GEN-TEC prides itself on; dedication, intelligence, persistence, innovation and integrity.





## TRAINERS RECOGNITION

INBA Victoria are recognising the contribution and support of bodybuilding coaches by introducing the INBA Trainer Award. The first competition to feature this new award was the INBA Novice & Rookie Classic in Victoria in early March. "This award is both a thank you from the INBA and competitor for their dedication and support," the INBA website says. "If your trainer is at the venue we invite them onstage so you can both have your photo taken holding your awards!"



Trainer Andrew Corbisiero  
with his competitor  
Murat Akbay.

Mariya Mova

## WORLD RECORD set at Arnold Aus

As part of the brilliant strongman competition at the Arnold Classic Australia, English competitor Eddie Hall broke the world deadlift record, lifting 462 kilos. Arnold himself arrived just in time to witness the attempt and egged Eddie on as he pulled almost half a tonne off the ground.

Eddie broke Benedikt Magnusson's previous record of 461 kilos, continuing the healthy rivalry between the two strongmen. Ball's in your court, Benni!

Witness the world record here:  
<http://bit.ly/1jx5f5>.



Strongman  
Eddie Hall.

Roland Bailik



Arnold with IFBB  
World President  
Rafael Santonja.

Diep Nguyen

## Call out the judges

One of the biggest stories to come out of the Arnold Classic in Columbus, Ohio in early March was Arnold Schwarzenegger's comments after the big show in an interview with Bob Cicherillo.

Bemoaning the lack of pleasing physiques in modern bodybuilding, Arnold urged fans to call out the IFBB judges. "We have to make sure we are rewarding the right guys because if you reward the right guys then everyone will start training to have a beautiful body again," he said.

Without mentioning any names, Arnold said bodybuilders today look like bottles and can't even hold in their stomachs for a vacuum pose. His comments were received enthusiastically by the seminar audience and a video soon spread online.

The debate was spurred by Arnold's belief that Cedric McMillan, one of the few classic-looking physiques in the open pro ranks, should have placed higher than his fourth.

Watch the footage here: <http://bit.ly/1BpEghg>

## Bring the old lady

Think lifting weights is only a young person's game? Think again. A recent study found that resistance training improved the flexibility of different joint movements.

The research, published in *Clinical Interventions in Aging* in March, took 53 women (average age 60) and had them perform resistance training either twice or three times a week for 12 weeks. Every participant got more joint flexibility and the three-times-a-week group experienced greater increases for frontal hip flexion too.





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## Go light to grow

A recent study has found that performing a light set to failure before going heavy can improve gains. Participants were divided into three groups: untrained control, traditional training and prior exhaustive training. The latter two groups trained the same way except for one factor: the prior-exhaustive group did one extra set of pre-exhaust exercises at 20 per cent of their one-rep max before each training session. The groups were tested on 1RM, local muscular endurance and with an MRI. After eight weeks, the prior exhaustive group experienced a greater increase in 1RM, cross-sectional area and local muscular endurance. The researchers concluded that a single set of lighter weight can be beneficial for strength, hypertrophy and endurance.

The research was published in March in the *European Journal of Applied Physiology*.



## BIG MAN, BIG HEART

At an appearance he recently made in Coorparoo, Queensland, Ronnie Coleman met Andrew Reddich, the father of Ben Reddich, who tragically died late last year. Ronnie happily signed a tribute painting that featured Ben and Ronnie posing together, but the eight-time Mr. Olympia's kindness extended further when he took to social media to pay his respects to the Reddich family.

"I want to give heartfelt condolences to my friend Andrew," Ronnie said on his Instagram @ronniecoleman8. "He informed me that his son Ben had followed my career and trained to be a bodybuilder. He had just won his show after making a ton of progress and about a month later he drowned. This story literally broke my heart because of how sad it is and the fact that I have kids that were his age and couldn't even begin to imagine how I would feel if I lost one of them."

The big man definitely has a big heart. He ended his message by saying, "Life is so short so we all have to live it to the absolute fullest."



## SALTY RESULTS

A survey released in March revealed that almost two in three Aussies admit to adding salt 'very often' or 'occasionally' to their meals – that's on top of the salt already present in food. The Australian Health Survey, conducted by the Australian Bureau of Statistics, further found that 76 per cent of males and 42 per cent of females had a regular sodium intake that exceeded the recommended upper limit.

Kellie-Ann Jolly, spokesperson for the National Heart Foundation, said these results were worrying because a high-salt diet can lead to high blood pressure, a major risk factor for heart disease.

"To reduce the amount of salt in your diet, the Heart Foundation recommends a balanced diet with fresh whole foods and to avoid adding salt to cooking or at the table," Jolly said.



## Wrap it up

A recent study has found that using knee wraps may decrease muscle activation when performing squats. The research, published in the *Journal of Strength & Conditioning Research* in March, took 14 resistance-trained young men and had them perform squats both with and without knee wraps at two different intensities (60 per cent 1RM and 90 per cent 1RM). The researchers used integrated electromyography to measure muscle activation in the vastus lateralis (quads) and gluteus maximus (glutes), as well as the ratings of perceived exertion. The main result? When at 90 per cent of your one-rep max, using knee wraps "results in decreased muscle activation of the vastus lateralis". So if you're training for hypertrophy alone, knee wraps at the higher intensities might not be helping the way you want it to. For the rest of the results, you can check out the abstract at <http://bit.ly/1OoxuBj>.





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# ARNOLD CLASSIC PRIME

## Columbus, Ohio

### March 5-8, 2015



That's right, we've skipped ahead in time – this issue includes our coverage of the inaugural Arnold Classic Australia, which occurred one week after the Arnold Sports Festival in Columbus Ohio – because we just couldn't let our readers wait.

Never fear, we will have the full report and gallery in an upcoming issue but in case you missed it, here are the results from the 27th rendition of the show:

## Arnold Classic 2015

### Pro Men

1. Dexter Jackson
2. Branch Warren
3. Justin Compton
4. Cedric McMillan
5. Evan Centopani
6. Roelly Winklaar

### Fitness

1. Oksana Grishina
2. Tanji Johnson
3. Regiane DaSilva
4. Bethany Cisternino
5. Michelle Blank
6. Myriam Capes

### Figure

1. Camala Rodriguez-McClure
2. Candice Lewis
3. Candice Keene
4. Latorya Watts
5. Ann Titone
6. Gennifer Strobo

### Bikini

1. Ashley Kaltwasser
2. Justine Munro
3. Janet Layug

### 212 Men

1. Jose Raymond
2. Hidetada Yamagishi
3. Eduardo Correa Da Silva
4. Aaron Clark
5. Charles Dixon
6. Cory Mathews

### Men's Physique

1. Sadik Hadzovic
2. Jason Poston
3. Anton Antipov
4. Matthew Acton
5. Xavisus Gayden
6. Mark Anthony Wingson

### Women's Physique

1. Juliana Malacarne
2. Dana Bailey
3. Tycie Coppett
4. Karina Nascimento
5. LaDrissa Bonivel
6. Sabrina Taylor

**Men's champ**  
Dexter Jackson.



**Fitness winner Oksana**  
Grishina with Arnold.



**Figure winner Camala**  
Rodriguez-McClure.



**212 winner**  
Jose Raymond.



**Arnold with Bikini winner**  
Ashley Kaltwasser.

All pics Roland Balik



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### Medal of HONOUR

Medals are generally circular objects and commemorative bodybuilding awards are certainly no different. However, the PNBA (the pro division of the INBA) has opted to create a very different design, resembling a shield. This PNBA medallion certainly stands out and would look pretty awesome adorned both on competitor and in a trophy case.

### DID YOU KNOW?

Eight-time Olympia winner Lee Haney was appointed Chairman of the President's Council on Physical Fitness and Sports by President Bill Clinton during his tenure.



Balik



Christine Envall of International Protein.

Keith Rozario

### INTERNATIONAL INDEED

One of Australia's favourite supplement brands will soon be available in the USA. International Protein recently announced on social media that they will be running a trade booth at the Omaha Pro on May 30 but were looking for volunteers. "We are looking for two enthusiastic athletes or fitness enthusiasts to help out on the booth during the Pre-judging and Finals," they said.

International Protein is the brainchild of IFBB pro Christine Envall and her husband Troy Bremner, who are based on the Gold Coast. Congratulations go to the both of them for developing the brand and taking it overseas.

### SALLY'S STARRING ROLE



Sally Matterson.

Supplied

Kudos to fitness model and specialist trainer Sally Matterson, who opens the new commercial for Australian Unity. The stunning Sally can be seen at the start of the commercial running through Melbourne's CBD. Matterson herself has been the subject of several mini documentaries and film clips, such as the visceral '98th Percentile' YouTube video that showcases both Sally's strength, beauty and physicality. Reportedly, there will be more media produced on Sally this year so will keep you posted as these are released.

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SIZE MATTERS, SO...

# TRAIN TO

## POWER AND STRENGTH

# 10 tips for a better bench

**T**hink the bench press is merely just an upper-body lift? Think again.

When you bench correctly, you'll use your back, hips and calves. The day after you bench, you should feel it from head to toe.

The bench press starts with a concrete and solid foundation with your feet on the floor. Think of a tripod: two feet gripping the floor like a monkey and your traps digging into the bench. Your hips are

hovering on the bench rather than flush to the pad, and you are arching your back, not raising your butt in the air.

Your feet need to firmly grip the floor. It does not matter if your heels are all the way down or just grazing the floor, you need to be pushing hard through your heels for the entire rep each and every time.

**1. Try to bend the bar** and retract your shoulder blades when taking the

hand-off. This is rarely done right by most lifters. By forcing the bar out with your hands, you will engage the lats. This will take some practice.

**2. Create more leg drive.** You need to push through the floor at all times. This means that even as the bar is coming out of the rack, you are driving the heels hard into the floor. You need to control the weight, not let the weight control



Neveux / Model: Thomas DeLauer



# GAIN

Neveux / Model: Gerard Alvarez



you. Don't flatten out and stay up – hips stay up at all times.

3. **The bar should travel in a small arch** back toward your face after the initial press. To keep from hitting the rack, make sure you keep your eyes directly under the bar and not too far in front or behind. The key is to keep your elbows under the bar at all times to generate power. Don't touch the bar too low on your chest. The lower it goes, the more you'll need to press the bar back toward your face.
4. **Initiate the press with heel drive through the floor.** Power and momentum is generated by the feet and comes through the legs to the hips. The hips thrust and drive the weight up and back over your face.

5. **Don't press the bar too far.** By locking your back in, retracting the shoulder blades and bending the bar, you are going to take about two to three inches off your pressing length. When the weight gets heavy, people tend to let their back open up or unfurl. That's no good. Keep it locked in from start to finish.
6. **Don't bounce the bar off your chest to gain momentum.** Instead, pause the weight until motionless and then explode (see tip 4). Bouncing doesn't promote hypertrophy nor does it create the true speed and explosion that is needed for a big bench. If you want to do touch and go with no pause, that's fine; just graze the chest, but don't use momentum.
7. **Have someone hand the weight off to you.** The tips above are

only useful if you're physically able to apply them. Handing off to yourself will make it very hard to get into position.

8. **In my book *10/20/Life*, I advocate benching one time a week and then a second day I call 'fluff and buff'.** You hit your weak points by doing lighter weight, higher reps, moving the bar faster, and squeezing the muscle with each rep.
9. **Don't go heavy every week.** There is no such thing as indefinite linear progression. I advocate a lighter week, around 50 per cent of your 1RM, every third week. It gives you opportunity to refine your technique and recover physically and mentally.
10. **Try to get a little better each week in terms of form, approach, setup and speed.** You won't always get stronger from week to week, but you can get better and more efficient. Effort should always be 100 per cent, but intensity will vary.

**I advocate benching one time a week and then a second day I call 'fluff and buff'. You hit your weak points by doing lighter weight, higher reps, moving the bar faster, and squeezing the muscle with each rep.**

*Brian Carroll is a strength coach, elite powerlifter and author of the training manual 10/20/Life. For more info, check out [powerrackstrength.com](http://powerrackstrength.com).*

PERSONAL TRAINING

# Finding the right coach for you and your goals

**W**ith any purchase you contemplate in life, research is imperative. Blindly making a purchase can result in a waste of time, money and possible disappointment. Acquiring the services of a personal trainer/coach should be no different and is best attained through comparison. Whether you are an elite athlete or average person, one thing remains the same: you want to find the best person for the job to achieve your goals. Finding a personal trainer is not a difficult task; all that's required is asking common-sense questions. As the consumer, you need to ask yourself: what are my goals? In relation to health and fitness, people are generally looking to either improve aesthetic appearance (decreasing body fat, increasing muscle mass and tone), athletic function (enhancing athletic performance) and/or wellbeing (healthy mind and body). After establishing what your desired goals are, your next step is research.

There are three key areas that should be analysed in the pursuit of finding the right person for the job: experience, knowledge and achievements.

**Experience** encompasses time, guidance, success and failure. Ultimately you want a personal trainer who has spent considerable time refining their skills, attained success, evolved from failures and guided others in the right direction to reach their goals.

**Knowledge** encompasses theory and practical, formal and informal education. As the customer, you are paying for knowledge, so you should expect your coach to be knowledgeable, notably in the area of training but also nutrition and rehabilitation (other necessary areas of expertise that are required to accomplish desired results).

There is no doubt that paper qualifications in the form of degrees, diplomas and certificates attained



through formal education are important, as they certify a level of learning. But also informal education – in the form of reading books, magazines, watching videos, attending competitions, trial/error experiences and personal research – increases precious learning, in which knowledge and awareness create an eye for detail and instincts.

**Achievements.** In the age of information technology, analysis of any form of sporting achievements, both individual and that of others are now easy to verify. With a couple of mouse clicks, you can read a person's profile, view

photos, newspaper articles and video footage. In a commercial gym environment, there are often trainer profiles.

The best-case scenario is finding a person with a balance of formal and informal education, a wealth of hands-on experience and a track record for achieving results in a safe, efficient and professional manner. Unfortunately sometimes people can be misguided and confused, allowing attraction, gender, friendship and nepotism to dictate their decision. Don't let this cloud your judgement.

Good luck!

– Darren Vartikian



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MAD SCIENTIST OF MUSCLE

# All-round killer muscle attack

If there were a simple way to instantly be 10 per cent stronger in an exercise, would you use it? Of course you would! And there is. It's called contralateral antagonistic muscle activation (CAMA). The name is long and sounds technical; however, once you understand it, you'll really see the power behind this technique.

## WHAT IT IS

The key concept behind CAMA is this: By activating the antagonistic muscle on the opposite side of the body as the muscle being worked, you can get an instant 10 per cent increase in strength in the working target muscle as a result of the increase in nervous system activation.

The physiological mechanism is that approximately 10 per cent of the neural fibres that cross over at the medulla oblongata (a part of your brain stem) reciprocally innervate agonist and contralateral antagonist muscles. In simple English, that means that some of the nerves that activate muscle fibres in your left triceps also activate some fibres in your right biceps, and vice versa.

The practical upshot of this is that when you work your right biceps and your left triceps simultaneously, both will see about a 10 per cent instant increase in strength due to increased nervous system activation and fibre recruitment. Sound interesting?

## EXERCISE CHOICE IS KEY

The trick is finding exercises that can be done simultaneously in an effective manner. Here's an example. You're going to be performing a standard one-arm dumbbell row exercise, and at the same time, your support arm is going to be pushing a heavy high-pulley load down onto the bench. Think seesaw.

Now, in the original theory behind this contralateral (seesaw) technique,



Neveux / Model: Matt Caston Villanueva, PhD





**This technique is demanding, but it will help develop your strength very quickly.**

2. Set your fist on the bench, then quickly reach down and grab the dumbbell. Once you pick up the dumbbell, you will have counterbalanced the pull of the pulley weight and you'll be locked in. Your chest will be in a steady isometric contraction.
3. Get into position for the dumbbell row next. You should have your plant leg out to the side at an angle, knee bent, with an arch in your lower back for support. Look slightly forward to keep a curvature in your neck, which will help you maintain the arch in your lower back. Now simply row. Your plant arm/cable arm does not move. It stays on the bench, right where it is.
4. As you row up, try to consciously push down into the bench with your support arm, which will maximise pec contraction. You will also get massive cross-tension in through your core while performing this technique, so be sure to keep your core tight.
5. Get as many reps as you can, then set the dumbbell down. Grip the cable handle with both hands and bring it back up, setting the stack down (don't let the handle just fly up and the stack crash down).
6. Mirror the move by repeating on the other side with the same execution pattern.

Sure, this technique is demanding, but it's very effective. I immediately felt stronger in the exercise the first time I used it. Once you've tried it out for moderate to higher reps, try using heavy weight and lower reps as well (if you feel comfortable doing so). Give this one a try next time you hit your back. You'll feel a little stronger from the very first rep you do, and more strength and more weight means more mass. Plus, the core work is a nice bonus.

– Nick Nilsson

trainees were advised to use the same tempo for both actions. In our example, however, that's not practical. You're just going to be doing an isometric contraction for chest activation. I found it to be just as effective in my testing of the exercise. I have used a simultaneous push/pull for this style of training and, while very effective, I actually found I was limited in the amount of weight I could use by the torque my core was capable of withstanding during the paired exercises. This kind of defeats the purpose of the technique.

### HOW TO DO IT

To perform this exercise, you'll need a bench, a dumbbell and a high pulley

with a single handle. If you don't have a pulley, you can also use a thick band (or several thinner bands, if that's all you've got). Set the bench so that the end is right beneath the high pulley. Set a moderately heavy weight on the pulley and set a dumbbell you could get about 10 to 12 reps with for rows beside the bench.

1. Get your knee in position on the bench, then grab the cable handle with both hands. Use a powerful downward push with your entire upper body to push the handle down toward the bench. How hard you have to push will depend on how much weight you have on the pulley.

## MUSCLE RESEARCH

### Exercise makes dieting easier

In a study published in the journal *Obesity*, overweight individuals underwent an intervention with either diet alone or diet combined with physical activity. Diet and physical activity were tracked in both types of interventions. Interestingly, increases in physical activity levels resulted in greater adherence to an energy-restricted diet and maintenance of greater weight loss over time. While many people would assume that intense workouts just increase hunger and thus calorie consumption, this study suggests that making physical activity a daily habit actually makes it easier to adhere to a calorie-restricted diet.



### Stretching for size

It's no secret that guys hate to stretch, so it has been a relief that over the last few years static stretching has fallen out of favour with strength coaches and fitness experts. But new information might have you reaching for your toes again. A study published in *The Journal of Strength and Conditioning Research* found that when performed separately from a workout, static stretching (elongating a muscle and holding it in that position) can help increase muscle size. This is because, much like weight training, stretching causes micro tears in muscles that grow back bigger and stronger. Static stretching will hamper your performance if you do it before a workout, so make it part of your rest-day recovery strategy.



### Strength training For six-packs

New research suggests that the barbell might be a better tool for getting ripped than the treadmill. Just a few weeks ago, Harvard University concluded a 12-year study of more than 10,000 men. They found that strength training offered more protection against a growing waist circumference than moderate to vigorous aerobic activity did. Researchers pointed out that their findings don't get you off the hook for doing cardio, but rather that as men age, they need to put in a combination of weight training and cardio in order to keep body fat off of their midsection.



Neveux/Model: Ayo Rahim

### Dump that curl

If you pray for bigger biceps, skip the preacher curls. Sounds ironic, but that's the advice from sports scientists at the Federal University of Rio de Janeiro in Brazil. By attaching electrodes to subjects' biceps, they found that there was very little muscle activation during the third phase of the preacher curl, from when the elbow is bent 90 degrees to the finish. This is also true for the Scott curl. By their reasoning, the standing biceps curl and the seated incline curl, both of which have a longer range of motion than the preacher curl, are better exercises for developing the biceps brachii. ■



Neveux/Model: Sergi Constance





WISHING YOU FELT LIKE  
A CHISELLED BRICK WALL?



## EAT TO G

## NUTRITION, SUPPLEMENTS, MUST-HAVES AND MORE

## Get ripped with real food

Certain foods and spices can supercharge your efforts to get lean in record time.

**Y**ou work hard to develop thick, defined muscles, but when there is a layer of fat obscuring them, you don't get to see all your hard work. Certain foods can help you lose lots of body fat and increase definition without increasing your cardio or starving yourself. These three are my favourite natural ways to get more ripped.

## SPICE IT UP

Adding spices to your meals is a cheap, tasty and extensively researched way to boost your metabolism. Chilies, ginger, garlic, black pepper, mustard, horseradish and cinnamon are mandatory in a kitchen where body composition is a consideration. If every meal had at least one pungent spice in it, the effect over a year would be dramatic. I estimate that you could increase your energy expenditure by at least 150 calories a day and decrease your food intake by 100 calories a day if every meal contains at least one of the spices mentioned. Let's calculate how much it adds up: Creating daily deficit of 250 calories adds up to over 90,000 calories in a year. That is equal to just over 25 pounds (11 kg) of body fat.

**Chili peppers:** Spicy chilies contain capsaicin, which actually isn't a flavour but an activator of pain receptors on your tongue. The chili sting is therefore actually pain, and that explains why it's hard to eat those pungent peppers if you're not used to them. However, after a week with spicy foods, you get accustomed to it and may actually start to like them. It doesn't matter if you use chili powder, chili paste, hot sauce or fresh chilies as long as you get the sting while avoiding products that contain added

sugar. Research suggests that even mild capsicums also may have a beneficial effect on the metabolism, so go with those if you can't take the heat.

**Black pepper:** Black pepper contains piperine, which increases energy expenditure as well as body temperature. (An extract of piperine, called BioPerine, can be found in many commercial fat-burning supplements.) The increase in degrees is actually fat burned while you are at rest. Animal proteins such as beef, chicken, pork or game always benefit from the taste of black pepper, as do many vegetables. You'll absorb more of the active alkaloid piperine if the black pepper is finely ground.

**Ginger:** Ginger contains gingerols, the substance that gives the root its spicy sting and boosts metabolism. Ginger is also a magical ingredient in your food because it helps the immune system and delivers antioxidants besides just boosting your metabolism. Always have a piece of fresh ginger at home, and you can peel and chop it into many dishes. You can find chopped or ground ginger in cans in the store, and they are excellent choices as long

as they do not contain sugar. Ginger-infused water has zero calories and a pleasant albeit pungent taste.

**Garlic:** Animal studies suggest garlic may increase the amount of brown fat tissue in the body. Brown fat tissue is something completely different than the normal flabby white fat tissue. While white fat is something to keep away from, brown fat is packed with mitochondria with a very special function. Brown fat's mitochondria actually convert fat into heat, which helps you melt the love handles away. Dried garlic and garlic powder may exert the same perks, but it is probably not as effective as the fresher alternatives.

**Mustard:** Mustard contains potent substances called isocyanides, which boost energy expenditure and body temperature. When your core temperature goes up, appetite comes down. This is a win-win. You burn more fat without increasing your cardio, and you eat fewer calories without consciously decreasing them. Most commercial mustard varieties contain a lot of sugar and oils. It's better to buy Dijon mustard or use mustard powder. The latter is very good to add to salad dressings and marinades.

**Horseradish:** Like mustard, horseradish also packs a wallop of isocyanides. One of the most commonly used variety is wasabi, the spicy green paste you find next to your sushi, but you can also use it in beef dishes. One favourite snack is wasabi almonds; you





# ROW



Photo by Alex Ardent Model: Ako Rahim

can find them in most grocery stores, and they are so much better than potato chips or other carb-heavy snacks.

**Cinnamon:** Cinnamon is a rare creature in this collection because it doesn't increase your metabolism. It decreases your insulin levels instead. Insulin is the hormone mainly responsible for fat storage, so cinnamon will decrease insulin and increase fat burning. The active polyphenols in cinnamon are water soluble, which means that as long as you get the flavour of cinnamon, you get the effect. You can even add cinnamon to coffee grounds before brewing and still get a benefit.

## CRACK YOUR COCONUT

Coconuts are the staple food of our early ancestors. Humans have consumed coconuts for hundreds of thousands of years, and we are well adapted to them. Until recently, the health professionals' view of coconut was that it was an unhealthy food because of the high content of saturated fats. It's true that 90 per cent of the fat in coconut is saturated, but you can't compare it to other foods that are loaded with saturated fats. Up to 70 per cent of the fats in coconut are short-chain triglycerides (SCT) and medium-chain triglycerides (MCT). These are magnificent fats that confer three distinct advantages:

1. You burn SCTs and MCTs easier than other fats.
2. You store SCTs and MCTs in your fat cells at a different rate than other fats.





Photo by Natalie Mihn Model: Ako Rahim

3. Your liver metabolises a great deal of SCTs and MCTs, which increases body temperature and leads to greater satiety.

SCTs and MCTs are easily metabolised in your muscles. Unlike other fat, they are not dependent on carnitine to be burned in the cells' mitochondria. That means that SCTs and MCTs are readily used as fuel for your working muscles and may increase your energy levels while doing your cardio.

You can eat your coconut in any shape or form. You can eat it fresh, sprinkle flakes of it over food or use coconut flour for baking. Coconut milk is a base for amazing dishes like Thai curries and Caribbean stews. The number one choice of coconut

products, however, is cold-

pressed coconut oil. It is solid at room temperature and superior to any other fats for cooking. It is not easily destroyed by heat, so it's perfect for baking or frying. It does add a slight flavour of coconut to food, but it's easy to find certain brands that add very little taste.

## COLLECT YOUR CALCIUM

Minerals such as iron, zinc, magnesium, selenium, potassium and sodium are essential for health and very important for physical performance. None of them plays as vital a role in fat burning as calcium, though. Studies show that calcium intake tends to be inversely related to body fat, meaning the more calcium you eat, the less body fat you have. Up to a point, though – when you reach your optimal intake, more calcium will not increase the effect and may even have detrimental effects on your health. However, the right amount of calcium will do wonders with your shape, and we now know why. Calcium works directly on your cells, stimulating them to release more fat, which increases the potential for your muscles, liver, and other cell types to burn the fat.

Calcium also has the potential to decrease the absorption of fat in your intestine. If you ingest a supplement with 500 milligrams of calcium before a meal, you will decrease the fat uptake by almost 15 per cent. Over a year, that equates to pounds of excess fat. Because calcium doesn't discriminate between the different fatty acids, it's important that you don't take calcium with beneficial fats such as fish oil or CLA.

You should aim for around 1,500 to 1,800 milligrams of calcium a day. Of course your food should supply plenty of calcium, which is the most readily absorbable form of the mineral. The best whole-food sources of calcium are milk, cheese, cottage cheese and yoghurt. There is also calcium in almonds, hazelnuts, pistachios, kale, kelp, broccoli, soybeans and canned fish like sardines. Even the flesh of salmon is a decent source of calcium. Make it a habit to read the supplement facts of your foods so you know if you need to bolster your calcium intake with a supplement.

*Fredrik Paulún is a nutritionist based in Sweden. He holds a Master of Science in nutrition and specialises in improving body composition.*





## RECIPES

# Chicken and vegetable curry

### NUTRITION

Energy.....	10,169kJ
Fat.....	89g
Sodium.....	2895g
Carbohydrates.....	254g
Protein.....	128g



Darren Burns

**C**urry lovers are a special breed. Some feel that consuming curry so hot it causes tears to stream, hearts to race and complexions to redden is an irresistible challenge. For me, an experience like this is not enjoyable, downright painful and to be avoided at all costs (but I'm a sook). I prefer just a hint of curry so I can still appreciate all the other flavours in the dish. Consequently, to make me happy, this curry is mild and flavoursome, but turn up the heat if you want by simply adding more curry paste. Make a large batch, portion it out and refrigerate or freeze for convenient deliciousness.

### INGREDIENTS

- 600g chicken breast, thinly sliced
- 2 large onions, thinly sliced
- 4 cloves garlic, finely chopped
- 1 large bunch silverbeet
- ½ bunch celery, thinly sliced
- 2 large carrots, peeled and julienned
- 1 large zucchini, julienned
- 2 small eggplants; cut into 1cm dice
- 2 cups fat and salt free chicken stock
- 400ml coconut milk
- 4 tsp green curry paste
- 4 cups brown rice, cooked
- 2 tsp coconut oil

### METHOD

1. Heat a large pan to moderate and add coconut oil.
2. Cook chicken in batches until lightly brown. Cook on one side and then turn – don't be tempted to 'play' with it!
3. Remove chicken and place in a covered heat-proof container.
4. Add onions to the pan and sauté until golden and aromatic.
5. Add garlic, taking care not to burn, as it will become bitter. If the onion and garlic begins to stick, add a splash of water and stir to remove the sediment from the bottom of the pan.
6. Add curry paste and stir well.

7. Add celery and carrots and cook until just tender.
8. Add zucchini, eggplant, chicken stock and coconut milk.
9. Return chicken to pan and cook until heated through.
10. Serve with one cup of cooked brown rice per person.

### CHEF'S NOTES

- For extra heat, increase the amount of curry paste or use red paste instead.
- Change up the vegies to suit your taste or cut them down and add more chicken to meet your macros. Similarly, you can use turkey, kangaroo, or pork fillet.
- Much of the energy in this dish comes from the coconut milk. This could be reduced by using evaporated milk and 2 tsp of coconut essence.



*Fiona Flanders is a qualified chef and physique competitor. She holds a Diploma of Hospitality, Cert IV in Commercial Cookery and placed first in the Ms. Physique Masters 50+ at the 2013 INBA World Pro-Am Natural Championships.*

Darren Burns

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## NUTRITION RESEARCH

## Whey before training burns more calories

Scientists have found a simple trick that can make you burn more calories during a workout: Take a hit of whey protein before hitting the weights. Researchers at Michigan State University found that when they gave subjects a dose of 18 grams of whey protein, those subjects burned 8.5 per cent more calories the day after the training session. This seems like the coveted win-win for body composition. A pre-workout whey beverage will also help preserve muscle mass and kick-start protein synthesis, meaning these well-timed grams of protein will get you to burn fat and build muscle at the same time.



## Wine aids fat loss

As if you needed another reason for that nightly glass of Cabernet. Oregon State University and Oklahoma State University recently teamed up to study the metabolic effects of chemicals in grape juice. They found that one compound, ellagic acid, dramatically slowed the growth of existing fat cells and the formation of



new ones. It also increased the burning of fat in the liver. While it hasn't been shown to specifically decrease body weight, a fatty liver can contribute to a flagging metabolism. Ellagic acid proved to impart a beneficial impact on blood-sugar levels as well. What's more, you don't have to quaff merlot to get a dose of the stuff. Ellagic acid is found in grapes and other dark red fruits such as raspberries, cranberries, blackberries and pomegranate.

## Lose weight with fish

It's happened again: Science has recently proven something else that bodybuilders have known for years. A study from the University of Iceland showed that people who ate lean fish lost weight faster than those who consumed the same amount of protein and calories from meat. Scientists hypothesised that it might be from the omega-3 fatty acids in the fish but also suggested that it might be due to the superior vitamin D content or the plethora of the amino acid taurine in the seafood. Since the 1970s, bodybuilders have been swapping meat for fish as they get closer to a contest and strive to get leaner. It's good to know that science has finally caught up to them.







Browse more diet and nutrition tips at  
[ironmanmag.com.au/nutrition](http://ironmanmag.com.au/nutrition)

## DIET AND LIFESTYLE

# Food for thought

Orthopedic surgeon and fitness expert  
Dr. Levi Harrison lives the Paleo lifestyle.



**D**ieting has always been an essential part of any fitness program. However, we need a paradigm shift away from 'dieting' and to start considering 'eating mindfully' as a conscious way of living. We have to make food choices that are strategic. To maintain an elevated state of fitness and wellbeing, we need to choose nutrient-rich foods that provide antioxidants, vitamins and minerals that build and heal the body.

As an orthopaedic surgeon and fitness expert, I see many clients and patients struggle with the 'diet of the day'. When asked, "Dr. Levi, should I eat this or that?" or "Dr. Levi, what do you think of this new supplement or energy bar?" my response is clear and precise: "Are you choosing a product for a one-hit-wonder treatment?" If so, make a different choice. I also ask them if they have read any studies about the products' safety and sustainability. These are the two real issues here, because this is about fortifying your life via long-term nutritional lifestyle changes.

For over 20 years, I have chosen to practise a Paleo/gluten-free nutritional plan with respect to making healthier food choices. The Paleo program has worked well for the majority of my patients and clients as well as myself. This lifestyle has well-defined eating protocols, which you can appropriately modify according to

any health or dietary restrictions that you may have. It is essential to speak with your doctor prior to beginning any dietary changes.

Here are the basics of the Paleo program. This lifestyle is based on the Paleolithic way of the hunters and gatherers and involves foods that are not refined and are free of dyes, trans fats and sugars. Paleo foods include vegetables, fruits, seafood, lean meats, nuts and seeds. The Paleo Diet removes dairy, starches, grains (wheat, corn, rice), legumes, alcohol, and any processed foods and added sugars.

This type of sustainable eating plan has a plethora of health benefits for all athletes and fitness enthusiasts including:

- Cardiovascular benefits
- Increased endurance
- Improved gastric function
- Decreased inflammation

Eating this way may potentially decrease your risks for diabetes, hypertension, cancer, hypercholesterolemia, obesity and the leading cause of death in much of the Western world: cardiovascular disease. When incorporated with a dedicated exercise program, the Paleo lifestyle of 'eating mindfully' can increase your strength and sports performance. ■

– Dr. Levi Harrison

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# The case for being strong

By Vince Del Monte

**D**o you ever stop and think about what you want out of your workouts? Or do you just show up to the gym with a vague idea of what you are going to do that day? Even if you know specifically what you want to accomplish and how to get there, how do you go about measuring your progress?

These may be hard questions, but they are necessary. If you're serious about getting the most return on the time and effort you invest in the gym, you're going to need to know these answers. You must have a strategy that allows your progress to be quantified, to indicate whether or not you're obtaining the result you initially set out to achieve or if you're just spinning your wheels.

## THE COMMON DENOMINATOR

Regardless of what your answers are to those heavy-hitting questions, you can almost always tie your goal back to one common denominator: strength.

I want to discuss the importance of being strong and how it raises your ceiling to increase muscle mass, improve your level of physical preparedness for sport performance, boost your ability to generate maximum power, and prolong your ability to sustain a given amount of effort over time.

Strength itself is a relative term, and your goal will ultimately determine just how strong you need to be. Those training for size may not need to be as strong as people training for sport, and people training for one sport may need to be stronger than people training for another sport. But the common theme here is we all need to be strong, because strength is the foundation upon which all other physical abilities are built.

Even people training primarily to reduce their body fat will benefit from increased strength levels because the heavier the weight that is being lifted, the greater the effort required to overcome it will be. This will translate into more muscle fibres being stimulated



Even people training primarily to reduce their body fat will benefit from increased strength levels.

Neveux | Model: Raynor Whitecombe

and more calories being utilised to provide the working muscles with the energy to perform and recover from the work, all of which will positively influence body composition.

I know this to be true, not just because it makes sense in theory, but because it played a pivotal role in my own personal transformation. A lot of people ask me what my secret was to transforming my physique from a skinny guy to a professional fitness model, and many are surprised to hear that I spent a great deal of time getting my numbers up.

There is not one goal I can think of in which strength doesn't matter.

That isn't to say that everyone must get as strong as possible – far from it. This simply suggests that there is an individual 'threshold' in terms of necessary strength to maximise your capacity to develop whatever physical goal it is that you wish to achieve. Once you've reached that threshold, your focus can be placed on maximising that specific attribute. This, of course, is subject to the 'law of diminishing returns', which suggests that strength up until a certain point will have a very positive impact on increasing your capacity to improve other physical attributes, but once that point is reached, it will not have the same effect.



Unfortunately, many fail to ever reach that threshold, so until then, all focus should be on increasing strength.

## STRENGTH IS BLACK AND WHITE

One of the best things about strength in comparison to other goals is that the results are black and white; you're either stronger, or you're not. You either lifted more, or you didn't. Assuming a lift is performed in the exact same manner every time, strength is a very quantifiable way of measuring progress, and we need a quantifiable way of tracking development in order to ensure what we are doing is working.

Strength can also provide clues in terms of what needs to be improved upon and prioritised in your training program. Because a chain is only as strong as its weakest link, strength testing can highlight whether or not you have any glaring imbalances that need to be corrected. Failing to do so will ultimately hold you back at some point or another anyway, so it's in your best interest to identify and correct them sooner rather than later. Imbalances not only prevent further strength from being gained, but they can greatly contribute to the development of chronic pain.

If you experience shoulder pain and notice that your overhead press is significantly weaker than your flat-bench press, this may be a clue that your shoulders are weak and why you are more prone to shoulder pain. If you experience knee pain and notice that your front squat is significantly weaker than your back squat, this may be a clue that your hamstrings are weak.

Generally, chronic pain is nothing more than the result of repetitive stress placed on a tissue because one muscle isn't doing its job. Why it's not doing its job is another story, but strength imbalances can be used as a quick diagnostic tool to shed light onto why something is happening. If you're experiencing pain, you should get it looked at by a professional, but the point is that strength can be used to help understand if your training is causing the pain in the first place. If it is, you ought to rethink your plan.

## MAKE THE LOAD YOUR PRIORITY

Over the last few years I have noticed that a lot of people link the development of muscle to 'time under tension', but what they fail to realise is that if they are not under a sufficient load, then all the time under tension in the world means nothing. I realised this early on, and from that point forward I decided that I needed

to get my strength up to the point that the loads I was using would promote the desired response. It was only when I got my strength to a respectable amount in relation to my body weight that I experienced the best gains of my life. Once I reached my individual threshold, all the other types of training that I was using before began to magically work wonders for my physique. But, like everything, my body has adapted, and my threshold is higher now, meaning that my body has filled out and caught up, and by further increasing my strength, I believe it will unlock the door to further muscle growth.



Neveux \ Model: Thomas DeLauer

## STRENGTH THRESHOLDS

My goal is to increase my strength on what I consider to be the four foundational lifts upon which all others are built. Consider these minimum-requirement strength thresholds and use them as your metric for measuring progress:

**Shoulder press:** 0.8-1.2 x body weight

**Bench press:** 1.25-1.5 x body weight

**Squat:** 1.75-2 x body weight

**Deadlift:** 2-2.5 x body weight

Strength makes everything easier. Once I'm able to reach the upper end of these numbers, I believe my ability to put on muscle will improve dramatically. These numbers reflect my current individual thresholds, and once I reach them, I'll be switching gears to a more conventional bodybuilding type of routine to pack more muscle onto my frame than ever before. ■



Vince Del Monte is known as the 'skinny guy saviour' after packing on 40 pounds (18 kg) of muscle in 24 weeks. You can visit his website at [vincedelmontefitness.com](http://vincedelmontefitness.com).

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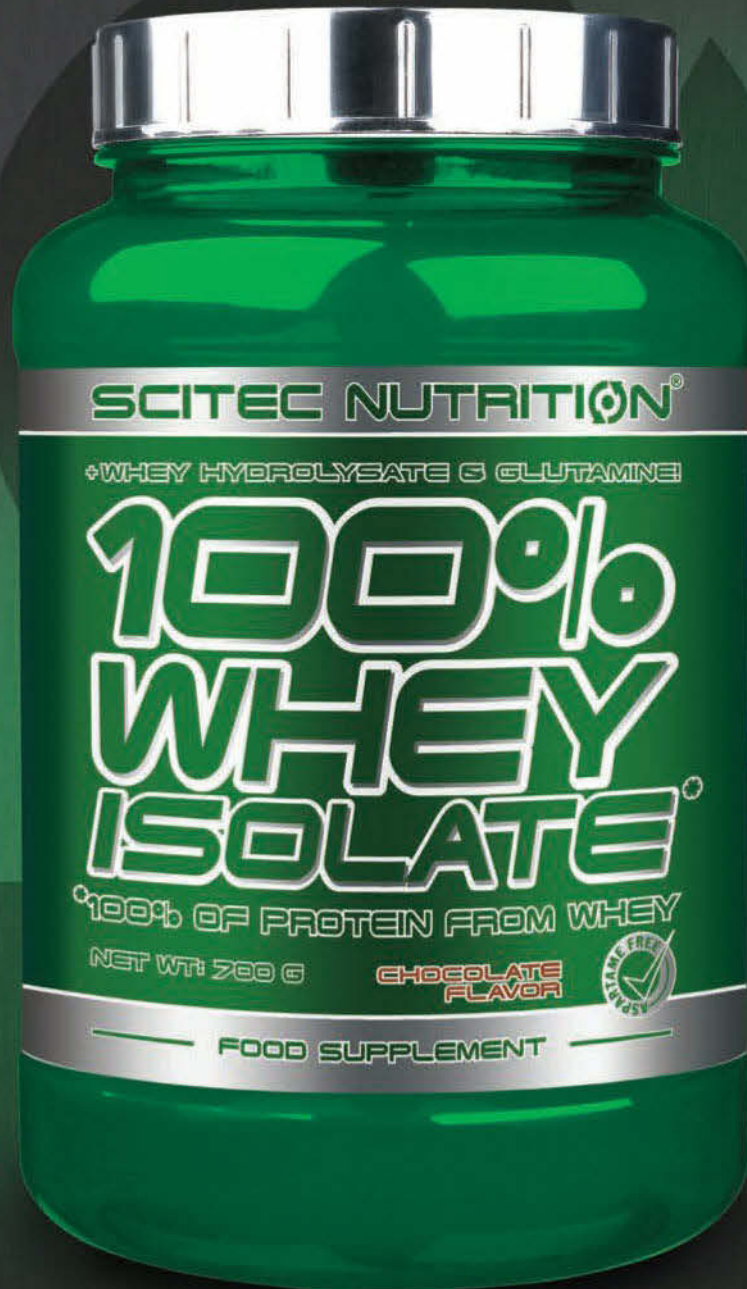
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# BACK BLAST (PLUS BICEPS)

By Sonny Brown • Photography by Michael Neveux

A big, strong back can be the foundation of your athleticism while setting your physique apart from your competition. Building one, though, takes more than just a few pull-ups done here and there.

Successful back building comes with volume, and it comes with hitting those muscles from each and every angle. Most importantly, it comes with concentrated effort and intensity. If wider, thicker delts and lats are on your list of goals, then I have the workouts for you — plus some biceps work to help out too. The giant-set setup is meant to keep your heart pumping and your back muscles working to their limit. This workout is a great challenge but also great fun.

**Y**our back is a huge muscle group, so a good workout should be exhausting. If you're not walking out of your gym completely exhausted after a back workout, then you're not going hard enough. I think a lot of it just comes down to effort.

Sonny Brown is a fitness model and trainer who, along with his partner Melissa Le Man, runs [greaterhealth.com.au](http://greaterhealth.com.au).



I suggest that to increase the size and develop the shape of your back, you need to hit everything with good form. It took me a long time to grow my back because I was just using assisting muscles to sling heavy weight, not my back itself.

You have to focus on the contraction and the quality of the

contraction, not on how much weight you're pulling. I'll say the same thing for biceps. It's all about the quality and the squeeze. It doesn't matter how much weight you can lift — what matters is form, range of motion, the contraction and, lastly, the weight.

Now to the workout.



## Wide-grip chin-ups

**5 sets x 10, 8, 6, 4, 2**

This exercise should be a staple in your training routine when looking to create real back development, balance and shape.



## Bent-over barbell rows

**5 sets x 10 reps**

I like to widen my grip outwards on each set of the barbell row. I can really focus on working my rhomboids from multiple angles using this method. You can also change your grip from underhand to overhand with each set. This is a guaranteed mass builder when performed regularly with strict form.





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# Dumbbell pullovers

**5 sets x 6, 8 or 10 reps**

It will never be as popular as the bench press or as glamorous as any curl movement but it remains one of my favourite exercises and I'm determined to make sure it doesn't fall by the wayside. I'm talking about the dumbbell pullover, a staple in Arnold's era and one of my favourite unique movements in the gym.

For whatever reason, this gem of an exercise seems to have fallen out of people's routines. Maybe in the days of fancy machines and new-age workouts, it's simply been forgotten. Well, I'm here to tell you to ignore that type of thinking. Don't forget about this exercise, because adding the dumbbell pullover to your routine will allow for some noticeable improvements that no other movement creates.

Let's think about it: if it's good enough for Arnold, it's definitely good enough for you.



# Seated row

**5 sets x 15 reps**

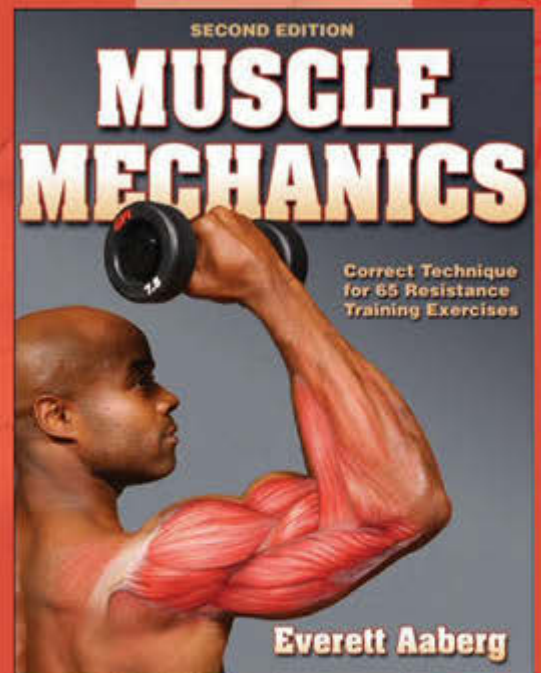
One of my favourite exercises to blast the entire lat area and help to develop huge thickness, especially in the lower-lat region when using a close-grip handle.





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# SUPERSET



Close-grip  
barbell  
biceps  
curl

**5 sets to failure**

Single-  
arm cable  
biceps  
curl

**5 sets x 10 reps (per arm)**

With the barbell biceps curl, be sure to always change your grip. A close grip will put more emphasis on the long head of the bicep with a wider grip focusing more on the long head development. I like to work this exercise at the end of my back workouts because my arms are already pumped full of blood, so working some solid burnout sets, I feel, has helped me develop my peak and biceps split.

When you get to the single-arm cable biceps curl, slow your technique down and try some different rep speed and angles to put the finishing touches into your biceps. Using the drop-set method, aim to hit your max weight for two-to-three reps, chasing that pump down. ■





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# BIGGER STRONGER BETTER



**MORE MUSCLE, GREATER STRENGTH AND  
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By Jay Ashman • Photography by Michael Neveux

SHOT ON LOCATION AT: DAVE FISHER'S POWERHOUSE GYM TORRANCE, CA









GETTING STUCK IN A TRAINING RUT IS A HARSH REALITY FOR MANY OF US. IF YOU THINK IT CAN'T OR WON'T HAPPEN TO YOU, THINK AGAIN. WE ARE ALL VICTIMS OF HABIT. WE RESIST CHANGE BECAUSE WE BECOME COMFORTABLE WITH THE NORM. THIS APPLIES TO MOST AREAS IN OUR LIFE, AND TRAINING IS NO EXCEPTION TO THAT RULE.

This program is a way to break past a temporary rut. Adding movements and rep schemes you may not have used can blast your body into new areas of growth. This program includes heavy compound lifts done for higher reps, which add muscle, increase strength, and represent a formidable test of your will to finish.

Let's reiterate one important factor in all weight training programs, regardless of strength, size, or years in the gym: Form is key. This program is designed specifically to be completed using full reps. If you choose to do half reps, you

will have half progress. There is a time and place for partial reps, but this is not that time or place.

For those who are used to splitting their body parts across four or five days a week, this workout will present a different type of stimulus, but the heavier weights, unfamiliar exercises, and relatively high reps will pay off. When the four weeks are up, you can return to your normal program. After shocking your body with something different, you'll start progressing again with your old routine instead of being stuck in a rut.

## The workout

This three-day-a-week program is best laid out in a Monday-Wednesday-Friday or a Tuesday-Thursday-Saturday format. Do not perform two consecutive days of this workout; you will need recovery time between sessions in order to get the most out of this four-week blitz.

Any exercises that are paired together and listed with A and B are done in superset format. Perform the A exercise followed immediately by the B exercise. Rest for 60 seconds between supersets and then repeat for the required number of sets.

Before each workout, warm up with an elliptical or treadmill incline walk for 10 minutes to get your hips and legs warm, increase your heart rate, and prime your body for the work ahead.

### ★ ★ ★ DAY 1: LEG DAY

EXERCISE	SETS/REPS
1a. Dumbbell walking lunge	3x15
1b. Jumping body weight squat	3x20
Back squat	2x20
Leg press	3x15
Single-leg deadlift	3x15

### ★ ★ ★ DAY 2: UPPER PUSH DAY

EXERCISE	SETS/REPS
Power clean and press	5, 5RM, max reps
Single-arm dumbbell bench press	3x10 (each arm)
1a. Decline push-up	3 for max reps
1b. Rear delt flye	3 x 20
2a. Dumbbell front raise	3 x 15
2b. Dumbbell lateral raise	3 x 15
Cable crossover	3 x 20

### ★ ★ ★ DAY 3: UPPER PULL DAY

EXERCISE	SETS/REPS
Deadlift	5, 5RM, max reps
Neutral grip pull-up	5 EMOM*
Pendlay row	3x8
1a. Reverse-grip pull-down	3 x 20
1b. Back extension with iso-hold	3x12

\* Perform five reps every minute on the minute until you are no longer able.



alian Iron Man





★ DAY 1 ★  
**LEG DAY**

**1a**  
**DUMBBELL**  
**WALKING LUNGE**

**1b**  
**JUMPING**  
**BODY WEIGHT**  
**SQUAT**

Hold a dumbbell in each hand at your sides. Balance may be an issue, so if you need to do a light set to practise balance, that is perfectly acceptable. If you are limited in space, you can lunge in place, so long as you do 15 per leg. The back knee should brush the floor but not slam into it. Your front knee should not travel over your toes. Keep the weight of your front foot on your heels.

Once you finish the lunges, immediately move into jumping squats. Your hips should drop below your knees. As you rise, you will jump into the air as high as you can. This isn't a race to the finish. Remember, slower reps with better depth and higher jumps are preferable to half reps where you look like you're dancing to House of Pain.



★ DAY 1 ★  
LEG DAY

### BACK SQUAT

This next exercise is your gut check. One set of 20 reps is hard, but two sets become downright painful. For the first set, choose a weight you can easily do for 10 to 12 reps and complete 20 reps. The key here is not to rack the bar during the set, but instead take your time and breathe through these with the bar on your back.

For the second set, you can choose to select the same weight or lower it by 10 to 15 per cent to get all the reps. Going a little lighter for the first week is fine as it can be tough to complete 40 reps across two sets. By the third week, however, the same weight should be completed for both sets. Rest for three to five minutes between sets so you can recover before you attack the second round of squats.



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### **LEG PRESS**

For this version of the leg press, you will keep your feet close together, no more than six inches (15 cm) apart from each other. Place them low on the platform so you work the quad more. Keeping the feet close has the added benefit of concentrating the lift on the vastus medialis oblique, or

VMO, the teardrop-shaped muscle above the knee that we all love so much. Work these like a piston without fully locking out at the top; keep the tension on the quads for the entire set.

### **SINGLE-LEG DEADLIFT**

The last exercise of the day will finish off the hamstrings. Use either a bar or

two dumbbells and stand on a box. Perform the single-leg deadlifts so the weight drops below the edge of the box and you get a good stretch in your hamstrings. You do not need a lot of weight after the work you already did. Perform controlled reps and feel your hamstrings work with each rep.

★ DAY 1 ★  
**LEG DAY**





★ DAY 2 ★

UPPER  
PUSH DAY



### POWER CLEAN AND PRESS

For each rep, you will complete a power clean, settle the bar in the finish position on your front delts, and then press it overhead to full lockout. Work up to a heavy set of five reps. It may take you up to five sets to find the right weight. If power cleans are new to you, or are an exercise you haven't done in a long time, your weight will increase over the next four weeks. On the fifth and final rep of the last set, max out on your overhead press until you reach failure. Continue pressing it overhead until you can't complete another rep, then drop it to the floor.

### SINGLE-ARM DUMBBELL BENCH PRESS

This exercise not only works the chest, but it's an incredible abdominal workout because you're bracing your body on the bench to offset the weight that the working arm is moving. Perform all the reps of one arm for a whole set before switching sides. Make sure these are heavy reps. The last reps of the last set should be very hard. When you complete these, you should feel it in your abs just as much as you do in your chest and triceps. To make it more challenging, don't hold a weight in your other hand.

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**1a DECLINE PUSH-UPS**  
**1b REAR DELT FLYE**

The first exercise in this superset is push-ups, followed by rear delt flyes. When doing the push-ups, elevate your feet on a bench behind you and perform as many as you can until you fail.

Immediately upon failure, stand up, grab two dumbbells, and bend over at the waist so your upper body is almost parallel to the floor. With your head in a neutral position, execute rear delt flyes without using any momentum. Rear delts respond very well to high reps, and when combined with the incline push-ups, your delts will be screaming. Rest for 60 seconds between each superset.



**SUPERSET**

★ DAY 2 ★

**UPPER  
PUSH DAY**

**1a DUMBBELL FRONT RAISE**  
**1b DUMBBELL LATERAL RAISE**

To finish off your shoulders, a superset of front raises to lateral raises is next. Use the same weight for both exercises. Once again, use a slow and controlled motion for all reps. Keep your shoulders down and try not to activate your traps as you lift the weight. Concentrate on your delts doing all the work. Rest 60 seconds between each superset.

**CABLE CROSSOVER**

Cable crossovers are the perfect movement to get blood rushing to the chest and finish off your upper-body workout. Each rep will be a full stretch followed by a hard contraction of the pecs. Squeeze your pecs at the end of each and every rep. Weight is not as important as form. If in doubt, err on the side of using too light a weight on this exercise. If you are going too heavy, you will turn this into a delt exercise by using your front delts to push the weight rather than feeling it in your pecs.





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★ DAY 3 ★  
**UPPER  
PULL DAY**

**DEADLIFT**

Place a loaded barbell on the floor, with your shins as close to the bar as possible, feet shoulder-width apart. Grasp the barbell with a wide grip, hands outside your feet. Drop your butt, then raise the bar in a straight line to your waist by contracting your glutes and driving with your legs. Take a few sets and work up to a heavy five reps each week. That means your last rep should be difficult. After completing the set of five heavy reps, calculate 80 per cent of that set. If you pulled 400 (181 kg) for five reps, your 80 per cent will be 320 lbs (145 kg). Use that weight for your last set and perform as many reps as you can, stopping just before failure.

**NEUTRAL-GRIP PULL-UP**

Find a pull-up bar that has a neutral grip, with parallel handles that allow your palms to face each other. If you do not have neutral-grip handles available, substitute chin-ups (palms facing you) for this exercise. Start a timer and perform five pull-ups. Recover for the rest of the minute. On the top of each minute, do five pull-ups until you cannot complete five reps in a minute. If you can do 10 or more pull-ups pretty easily, challenge yourself and do eight to 10 pull-ups each minute instead.



**Gun control?** I can guess what you're thinking when you read this program: "There aren't any exercises for arms!" By pressing weights, doing an untold number of pull-ups, plenty of dedicated back work, high-rep squats, and hundreds of push-ups, you will be doing a lot of work for your arms. After the four weeks are up, you can return to doing direct arm work — and I bet you that you'll see new growth stemming from the change of pace. — Jay Ashman







#### **PENDLAY ROW**

Pendlay rows are different from your usual barbell row. Each rep begins at a dead stop from the floor. Set the bar up, grab it with a wide grip (hands outside your knees), and explode it into your lower chest for each rep. Let the weight come to a full stop on the floor between each rep. Be sure not to use your hips to move the weight, but instead use your back to row the bar. A lot of weight isn't needed to complete these sets.

#### **1a REVERSE-GRIP PULL-DOWN**

#### **1b BACK EXTENSION WITH ISO-HOLD**

Finish off your pulling exercises with a superset of reverse-grip pull-downs and back extensions with an isometric hold. Reverse-grip pull-downs are performed with a shoulder-width grip and your palms facing you. Each rep is a full stretch followed by a full contraction that brings your scapula together. Once you do your 20 reps, immediately move on to the back extension. On the last rep of each set, hold yourself in the finish position for as long as you can. Rest 60 seconds between supersets until all sets are completed. ■



#### **SUPERSET**









# HARD ROAD TO HEALTH

## MEET GAVIN DORAN, THE 2015 BODYBLITZ GRAND CHAMPION

By Daniel Hedger • Photography by Charlie Suriano  
Shot on location at Rydges Melbourne, [www.rydges.com](http://www.rydges.com)

**BodyBlitz Grand Champion Gavin Doran has had a tough road to fitness. After discovering he needed to have spinal surgery at the age of 35, he realised he couldn't rely on his youth and resiliency forever.**

**“**I was extremely scary when I found out this was my option: surgery or a life of painkillers and not being able to do the things I love in life,” Gavin says, when he was told his neck injury would require a C5/C6 disc replacement. “The decision was all up to me and the scariest part was, I’m making a life-changing decision and need to accept that if something went wrong I could end up not walking again in my life.”

For something to focus on post-surgery and also to turn a negative into a positive, Gavin signed up for the BodyBlitz Challenge. When he started, he was 96 kilos at 180 cm with a waist circumference at a

worrying 107.5 cm. Reflecting on his early years as a martial artist, Gavin decided the best option for him was to undertake the entire 12-week challenge in Thailand. The reason? Gavin’s extensive background in martial arts.

“My martial arts training started 15 or 16 years ago,” Gavin says. “I started in boxing, where I had a couple of amateur fights. Then I trained in Muay Thai and had a modified Thai fight with no elbows. I also studied a Japanese style ju-jitsu at the same time.” He also took up Budo-Jitsu, later teaching it and close-quarter combat — as well as working the clubs as a security supervisor. “I

found what I was able to learn working the door and dealing with real-life confrontations was great experience and knowledge that I could then take back and share with the class and incorporate into my style of no-nonsense training.”

For Gavin, Thailand was the perfect place to reset and focus on his training. “I’d always enjoyed training in Muay Thai and wanted to go to Thailand and train like a Thai, live in a Muay Thai camp and be immersed in the Thai culture,” he says. “I know I couldn’t train to the level that I wanted to after this operation but it didn’t mean I couldn’t go to Thailand and train in Muay Thai without grappling.

"I also thought it would be fun to go away train and return home looking fitter, healthier and happier than when I left. It was a life changing experience and would highly recommend spending 12 weeks doing an adventure like this."

Once the 13-hour flight was behind him, he joined a Muay Thai training camp as well as a strength and conditioning gym, like a fighter would when preparing for a bout.

"I got a buzz from that," he says. "I was slowest and weakest when I started but ended up competing well with the guys 10 years younger and fitter. Some days I even beat them in some of the timed workouts. It goes to show where you can come from and what you can achieve when you commit yourself. That also showed me how far I have progressed."

Gavin credits his martial arts background for the resilience and strength it took to get him through the challenge. "It would be the discipline, the never-give-up attitude and the confidence to come out winning and fighting that helped me through this challenge. I would thank the martial arts for helping create that side of me."

Undertaking two workouts a day — weights in the morning and cardio in the evening — Gavin was pushing his body to the limit. He knew that to achieve incredible results he had to do incredible things. "You learn so much about yourself and what you can achieve when you push yourself to the next level. Something that is very important is your nutrition and rest so your body and mind is focused for that next session. I guess I also treated it like a job and this is the job I'm here to do — and I'm going to give it my best."

Gavin's nutrition plan prior to the BodyBlitz Challenge was simply this: there was no plan. In fact, his nickname among his mates had become 'Drive-thru Gav'. He definitely wasn't much for clean eating before his surgery and subsequent fitness success. "Before I started the challenge, my diet consisted of take-away, McDonalds, KFC, litres of ice coffee daily, peanut M&Ms by the bag and pretty much any type of junk food," he says. "It's pretty bad when I look at it but until you admit the truth to yourself, you can't really change. I'm not for one minute ashamed,



though, of who I was or that lifestyle, as it's been the path that led me to a happier, healthier version of myself today. I can also relate to those wanting to lose weight and change those habits, as I was once in their shoes and understand how tough it can be to change."

After 12 weeks in Thailand — and somehow resisting the wonderful food on offer over there — Gavin improved his body composition exponentially and no longer craves the bad stuff. "These days my diet includes good-quality protein from meats, fish and eggs," he says. "Carbs from brown rice, sweet potato and fruits, including plenty of colourful vegetables...olive oil or coconut oil

for cooking, snacking on almonds and I really enjoy making green or protein smoothies. I also cook and prepare my meals for the following day, which I never did before. Now I'm at my goal weight it's also more about balance and living by the 80/20 rule. I also don't drink alcohol much; I've had four drinks in about eight or nine months."

Gavin now believes in counting calories — "Maths doesn't lie," — so that he's sure that he's burning what he takes in. "If you try and cheat by overeating, you won't get your result. Will also be the same if you're not eating enough to achieve a certain goal. You also can't out-train a bad diet."



# "I TRAIN WITH THERMAL XTC"

**Jayson Wyner**

Bodybuilder  
Nutrabolics Athlete



*Thermal XTC is Nutrabolics' euphoric fat-burner - designed to provide thermogenic fat-burning and a rush of clean energy. We spoke with bodybuilder Jayson Wyner to get "the skinny" on this supp.*

## WHAT DO YOU LOVE MOST ABOUT TRAINING?

Training keeps me centered. No matter what's going on in my life I can always count on the gym to bring me back down to earth and give me new perspective.

## HOW DO YOU STAY FOCUSED IN THE GYM?

Music is a big motivator for me. It keeps my senses pointed inwards on what I'm working on getting my body to do. I also like to give my training an extra sharp edge with a hit of Thermal XTC before I get started. This stuff induces an strong but clean energy rush that keeps me dialed in on my performance.

## WHAT DEFINES A GOOD FAT-BURNING SUPP?

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## DO YOU GET "JITTERS" FROM FAT-BURNERS?

Not Thermal XTC. Its key ingredients are all natural herbals so the energy you feel is clean like a "runner's high."

## HOW DO YOU ACHIEVE SUCCESS IN THE GYM?

I always push myself. I find that the majority of my growth happens when I take the weight up one plate higher or force out that one extra rep.

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Particularly when he was starting out, Gavin needed to be diligent about monitoring how much food he was actually taking in to assist him in making better decisions down the track. Fitness apps like MyFitnessPal have helped him along the way too.

“I work out how many calories I need to consume per day for maintenance and if I’m trying to lean up a bit more I will drop that by 500 calories per day,” he says. “I enter into the app what I feel like eating the next day and choose from those foods and keep it inside my calorie bracket. So I don’t just have set meals, I mix and match to suit how I feel and what I have to get done that day. Lots of planning but you need to be organised if you want to achieve a goal.”

In some ways, it’s as simple as that for Gavin. Once he decided he wanted to achieve a goal, he went for it. As a plumber by trade, there wasn’t much natural opportunity for Gavin to get to the gym — until he decided to make it a priority. Following the BodyBlitz Challenge, Gavin has made training a daily habit.

“Training is a huge part of my life these days,” he says. “I make time to train no matter what. I was a member of a 24-7 gym before I converted my garage to a gym. It’s pretty cool, my set-up, and fully matted with a power rack, Olympic bars, bumper plates, weights up to 250 kg, dumbbells from 12.5 to 50 kg, TRX, battle ropes, kettle bells, boxing bag, dip belt, slam balls, heavy tyre, sledgehammer, boxes for box jumps, weighted vest and other bits and pieces, plus my trusty foam roller. I don’t go a day without rolling my body. I believe it’s such an important part of preparing my body before training and my recovery process. Now I have no excuse to train — I have my perfect home gym.”

Gavin returned home to Queensland almost 16 kilos lighter and with a new fire in his belly to take his fitness — and his life — into his own hands once and for all. He immediately signed up for a personal training course and soon became accredited as Crank It Suspension and a Kettlebell Levels 1 and 2 trainer. Gavin has since set up his own personal training business, which offers, in addition to boxing, Muay Thai, kettlebell and suspension training, fitness holiday packages to Thailand! Gavin has well and truly turned his life around since completing the BodyBlitz Challenge.


**BEFORE**

**“I don’t just have set meals, I mix and match to suit how I feel and what I have to get done that day. Lots of planning but you need to be organised if you want to achieve a goal.”**


**AFTER**

**MEASUREMENTS**

	BEFORE	AFTER
Height	180 cm	180 cm
Weight	96 kg	80.4kg
Chest	115 cm	106 cm
Waist	107.5 cm	86 cm
Calves	39.5 cm	38 cm
Arms	34.5 cm	34.5 cm
Thighs	58.5 cm	57 cm



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## GAVIN'S SAMPLE WEEKLY WORKOUT

"I really stepped up my training in the lead-up to the photo shoot after being contacted by *Australian Iron Man Magazine*. My training now is also different to the way I trained when I first started the 12-week challenge. I do regular bag work and use kettlebells quite a bit. I also run a couple of times a week for cardio. I'm training twice a day at the moment; I guess I just love training."

### MONDAY: CHEST

"Always chest on a Monday!"

Flat barbell bench press 5x5 heavy  
(drop set on the last set)

Incline dumbbell press 3x8-12

Flat bench flies 3x12

50 push-ups for time ("I record my time and try and beat it the following week.")

#### Cardio

Skipping 1 x 5 min round

Shadow boxing 1 x 5 min round

Combinations and bag work 3-5x5 min rounds

Core — plank 4 min

### TUESDAY: BACK

Bent-over narrow-grip row 5x5 heavy  
(drop set on the last set)

Dumbbell row 3x8-12

Weighted chins 5x5-6  
(Remove weight after last set and do five negative holds counting to five)

#### Cardio

Road work 40 min

### WEDNESDAY: SHOULDERS

"This day is a bit difference, as it's like an AMRAP (As Many Rounds as Possible). I have 45 minutes and the only shoulder exercise I do is standing military press. I choose a weight to give me eight reps and I do drop it through the workout if I'm really starting to struggle. After each set, I superset it with a kettlebell exercise and I will choose four exercises and just repeat after each military press. An example is:

#### Superset

Military press x 8  
Kettlebell swings x 25  
Minimum rest: 1-1:15 min

#### Superset

Military press x 8  
Kettlebell clean and press (2 bells) x 10  
Minimum rest: 1-1:15 min

#### Superset

Military press x 8  
Kettlebell snatch (2 bells) x 10  
Minimum rest: 1-1:15 min

#### Superset

Military Press x 8  
Kettlebell thrusters x 10

"This is a tough sessions as I'm working my whole body but really focusing on shoulders. I record how many I complete in the time frame."

### THURSDAY: ARMS

Weighted chins (under grip) and Dips 5x5 heavy  
(Remove weight after last set and go to failure.)

"Every second week I add in another exercise for each body part, like curls or skull crushers."

#### Cardio

Skipping 1 x 5 min round

Shadow boxing 1 x 5 min round

Combinations and bag work 3-5x5 min rounds

Core: plank 4 min

### FRIDAY: LEGS

Squats 5x5 heavy  
(drop set last set)

Deadlifts 5x5 heavy  
(drop set last set)

**Finisher:** CrossFit 'Sally' squat routine or box jumps

#### Cardio

Road work 30-40 min

### SATURDAY:

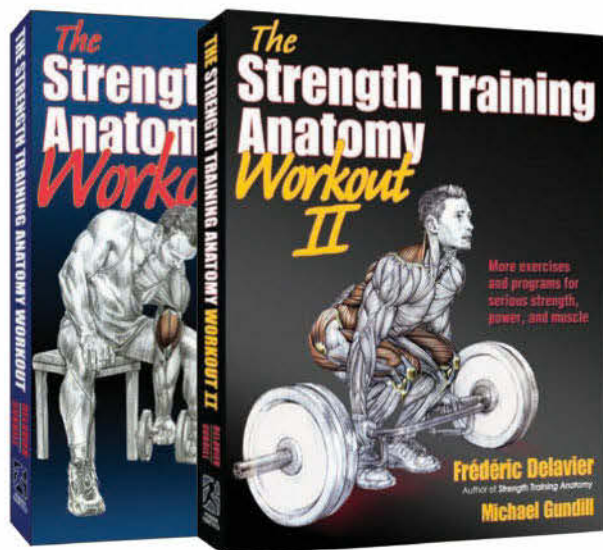
"I mix it up on Saturday but really go for a high-intensity workout. It could be an AMRAP pyramid-style workout or sprints. Generally the workout is 30-40 minutes and will include exercises like kettlebell hip swings, clean and press, snatch, thrusters, around the worlds, battle ropes, box jumps, burpees, mountain climbers, ab mat sit-ups, renegade rows...the list could keep going."

### SUNDAY:

"Active rest day. Either a swim at the pool or a light jog and I enjoy doing a few rounds on the bag as I really love that or 100 fit ball crunches. It's usually light, just working on technique and getting a sweat up. I do believe in listening to your body if you're feeling flat and modifying a workout to suit. I also have injuries so I will work around those, not just stop training. I recommend a weekly massage."







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But despite all the accreditations and time spent learning the business side of fitness, Gavin believes that the most important thing is still his real-life experience.

"I have proof that your average bloke can go from unhealthy to lean, fit and strong in 12 weeks and win the 2015 Grand Champion title," he says. "That qualification can't be bought and is only earned through hard, consistent work. I now have the knowledge and experience and want to share that with my PT clients and those I train and prepare for future 12-week transformations. I'm hoping to be the trainer of the 2016 Grand Champion [laughs]."

He knows very well the value of having other winners to motivate and inspire him.

"I read the previous winner stories online regularly," Gavin says. "I also had the previous winner's photo and would match it beside a photo of myself so I could compare and focus on what I needed to achieve. I did find that helpful and motivating."

Gavin wants to become an example to not only general readers but also to other survivors of spinal surgery, to show them that they too can prevail over adversity.

"Touch wood that I continue through life and have no further complications, as I have met plenty




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**"I have proof that your average bloke can go from unhealthy to lean, fit and strong in 12 weeks and win the 2015 Grand Champion title."**

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of people that have had neck operations and are no better off and are now actually worse off," he says. "I honestly feel for those people when I meet them, because we all went through the same nerve pain and same decision to make. I just hope competing in this 12-week challenge and winning the overall, others see what you can achieve once you're in a life-changing situation and committed to change your lifestyle."

*Gavin Doran is now a qualified personal trainer and has set up Doran Elite Fitness Training (DEFT). You can contact him through his Facebook at [facebook.com/doranelitefitnesstraining](https://facebook.com/doranelitefitnesstraining) or his web site [www.doranelitefitnesstraining.com.au](http://www.doranelitefitnesstraining.com.au).*





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By Daniel Hedger

**As the advertising campaign promised,  
Arnold WAS there — and so we were we.  
And, judging by the attendance numbers, a lot of you were too.**

**W**hat was only an unconfirmed rumour 18 months ago became real between March 13–15. But it didn't come without a hell of a lot of effort and support from the bodybuilding and fitness community, most notably the man who made it all happen, Tony Doherty, and his team. You should never bet against TD, no matter how big a challenge he's set for himself.

Dexter Jackson backed up his performance in Columbus the week before, where he made history by being the first man to win five Arnold Classics, and won the inaugural Aussie Arnold, despite having only landed in Melbourne the morning of the show. Darwin's Atif Anwar, originally from Pakistan, caused a

sensation when he won the Over-100 kg, overall and IFBB pro card on the Sunday afternoon and experienced international media attention.

And it wasn't just about bodybuilding. Like its US counterpart, the Arnold Classic Australia was a true multi-sport festival, featuring a golf tournament, powerlifting, strongman — Eddie Hall broke the deadlift world record at the event — and one of the biggest martial arts festivals Australia has ever seen, bringing together eight different styles, which greatly impressed Arnold himself when he made his way through the martial arts area.

*Australian Iron Man* and our Blitz Publications stable had a very active booth, with both bodybuilding

and martial arts celebrities making appearances. *Iron Man* had Calum von Moger, Amanda Doherty, Sonny Brown, Melissa Le Man and Milos Sarcev all taking time out of their busy schedules to meet the fans, sign autographs and pose for photos. We continue to be super-grateful to these awesome folks.

So the inaugural Arnold Classic Australia was a resounding success from all perspectives. The following pages, covering both the pro and amateur bodybuilding shows — as well as our Hot Shots gallery on page 116 — aim to give our readers just some idea of the excitement of the event. But there's still nothing like being there. So next year, we'll be there, Arnold will be there...Will you?

Diep Nguyen





Dexter Jackson and Branch Warren go head to head.



Rob Czemplinski





# ARNOLD CLASSIC AUSTRALIA 2015 AMATEUR SHOW

By Vance Ang and Fiona Flanders • Photography by Rob Czempinski



New pro Atif Anwar Ahmed with IFBB World President Rafael Santonja and Arnold Schwarzenegger.

**Fiona:** What a thrill it was to be part of the audience at the inaugural Australian Arnold Classic at the Convention Centre in the heart of the beautiful city of Melbourne. Crowds gathered ten deep around the VIP section to catch a glimpse of some of the best bodies from both this country and overseas. With the absence of Tony Doherty as commentator, there was perhaps not quite the same level of entertainment as last year's FitX, but the legendary Shawn Ray created a buzz by stepping into the breach as both presenter and commentator.

It was clear that every competitor had taken this competition very seriously. The privilege of competing in Australia's very first Arnold Classic had obviously been a major source of motivation and inspiration across all categories. The standard was exceptional, posing was consistently professional and polished and the competitors a pleasure to watch.

**Vance:** Not surprisingly, the Amateur competition at the Arnold Classic was saturated with talent from all over Australia looking to make their mark in the most prestigious competition in the country. Considering the number of competitors in each of the divisions it would be a near impossibility to cover each and every competitor in each division, so we'll be listing some highlights of the most notable athletes, specifically those who won coveted first places but also those that really stood out from the pack.

**Fiona:** Yes, as testament to the growing popularity of bodybuilding in Australia, many of the classes fielded big numbers and the judges showed their respect for the athletes by taking time to make considered decisions. The quality of the judging was a standout for me, as was seeing the improvements maturing competitors have made to their physiques.

**Vance:** In the Men's Bodybuilding Under 90 kg, Mark Grech is always a fearsome looking competitor who is dominant in both his muscular size and presence on stage. Grech easily flexed to impress with his mammoth physique and full muscle bellies. He has obviously benefited from years of consistent competition and prep work; his





Men's Bodybuilding Up to 80 kg.



Men's Bodybuilding Up to 70 kg.



Men's Bodybuilding Up to 65 kg.

separation was evident in both his upper and lower body, the pristine delivery of his poses, particularly the compulsories, were memorable due to his traditional take on the movements and transitions.

**Fiona:** Steve Travers shone in the Men's Classic Up to 171 cm, showing true classic shape, excellent conditioning and confident presentation. The irrepressible Tracey Guile, although beaten into second place in the Women's Physique class by the spectacular Nicky Ford, showed significant improvements and would have made her coach Mike Debenham a very happy man.

**Vance:** Famed trainer Andy Bell, in the Under 100 kg, is that perfect combination of size, vascularity, separation and stage presence. In every comp it is easy to make a comparison to some of the most established physiques on the circuit. Definitely a quality contender as much as a quality trainer, this chaps gets more popular year after year.

**Fiona:** Adam Waite must have had some anxious moments while the judges painstakingly considered their decision to announce him winner of the Men's Classic Up to 180 cm. This class showed considerable depth, excellent conditioning throughout and masterful posing to show it all off.

**Vance:** Aaron Polites' (Under 80 kg) thick biceps and quads accompanied a wide set of delts, which were made more prominent by his confident side chest and double bicep poses. His arrival in this line-up proved to be one of the best and he truly does possess a world class physique — his lat spread is proof alone!

**Fiona:** Cade Dunstan was the first to the front of the stage in the posedown for the Men's Classic Over 180 cm and his confidence in his physique was rewarded. His striated legs, eye-catching tris and impressive 'V' made him the judges' choice and a crowd favourite.

**Vance:** Paul Perkins (Masters Over 50) looked as impressive and dry as ever; with his signature barrel chest and massive delts, his routine was marked by an upbeat track and some flawless posing, further showing the



audience some incredible width and fullness in his shoulders.

**Fiona:** Being a masters competitor myself, it's a joy to see the quality physiques older competitors bring to the stage. Jodie Parker was outstanding in a very tough Figure Masters class, which featured lots of mature muscle combined with sharp conditioning across the board. Janet Kane is another 'oldie' (sorry Janet!) who just keeps on defying nature. She took out the Figure Short class: her experience and stage presence helping her to show her very fine physique to best advantage.

**Vance:** We would be remiss not to mention Over 100 kg and Overall winner Atif Anwar Ahmed, who presented tremendous shape and was a balanced mass of muscle. To call him huge would be an understatement and his aggressive posing further emphasised the larger dimensions of his chest, quads and arms! A well-deserved pro card.

**Fiona:** Mollie Stewart-Gibson's imposing physique took her to the top of the Open Figure class. Once again, this class was packed full of quality muscle and Mollie had some serious competition. She was a serious contender herself for the Overall Figure, which was taken out by Yvette Brown. Yvette's lovely v-shape and beautiful symmetry won her both the Figure Tall class and the Overall Figure.

**Vance:** Rigo Gasio was most striking competitor in the tall Men's Physique division. The extremely broad Gasio boasted the biggest set of delts on the day, complemented by his python-like arms and incredibly large traps — definitely a worthy bodybuilding contender in the near future.

**Fiona:** Rhiannon Keith was very emotional in accepting her first place award for Figure Novice Up to 168 cm. The splash of pink in her long dark hair was obviously not the only thing to capture the judges' attention. We saw the introduction of a little more muscle in this class and all the girls' physiques were of a consistently high standard. Stephanie Placzek also showed beautiful symmetry to take out the Figure Novice Up to 162 cm class.



Men's Bodybuilding Up to 100 kg.



Men's Bodybuilding Over 100 kg.



Men's Bodybuilding Up to 90 kg.





Figure Up to 167 cm.



Figure Up to 159 cm.



Figure Novice Up to 162 cm.



Figure Masters.



Bikini Fitness Over 167 cm.



Bikini Fitness Up to 167 cm.



Bikini Fitness Up to 163 cm.



Bikini Fitness Up to 159 cm.

She had a natural, healthy, athletic look, and was a worthy winner in yet another class full of talent.

**Vance:** I agree, Fiona. First-timer Stephanie Placzek provided the audience with both an award winning smile and a lean and defined physique. Her very balanced body and confident demeanour struck a chord with many, including this journalist!

**Fiona:** Lina Catipovski brought perhaps the largest fan club of all with her and they were not disappointed when she went home with the first place medal in the Over 168 cm Figure Novice class. The additional height in this category made the whole division appear very impressive. Lina's tiny waist and well-structured midsection earned her the number one place and a medal presented by Shawn Ray.

**Vance:** Jade McKee was adorned in an eye-catching bikini in the Open Bikini (Under 159 cm) class. Delightfully defined and possessing an unsurpassed degree of poise and class. The bounce in her step matched only by her warm smile and engaging demeanour — thus clinching her first place and the Bikini Overall.

**Fiona:** To conclude, the standard of bodybuilding in Australia is clearly rapidly on the rise. As athletes become more educated about their sport and the skills and knowledge base generally becomes stronger, performances on stage become more impressive. We can thank people like Arnold Schwarzenegger and his peers for beginning the bodybuilding movement as we know it today. Tony Doherty's dream of bringing the Arnold Classic to Australia made many sports fans dreams come true and the IFBB Amateur Show certainly contributed to that.

**Editor's note:** Due to the number of competitors and divisions, we cannot feature images of every single class. For more images from the Arnold Classic Australia, please see our website and tablet editions.

For full results from the Amateur show, visit [www.arnoldclassic.com.au/arnold-classic-australia-amateur-competitor-full-results](http://www.arnoldclassic.com.au/arnold-classic-australia-amateur-competitor-full-results).





**Figure Over 167 cm.**



**Figure Novice Over 168 cm.**



**Figure Novice Up to 168 cm.**



**Men's Classic Up to 180 cm.**



**Men's Classic Over 180 cm.**





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**Men's Classic Up to 171 cm.**



**Giovan Modina, Men's Physique Up to 181 cm winner.**



**Men's Physique over 181 cm.**



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**Men's Physique Up to 181 cm.**



**Bikini Fitness Novice Over 170 cm.**



**Men's Physique Novice Over 178 cm.**



**Bikini Fitness Novice Up to 170 cm.**



**Men's Physique Up to 174 cm.**



**Bikini Fitness Novice Up to 163 cm.**





Bikini Fitness Masters Over 35.



Bikini Fitness Juniors.



Men's Physique Novice Up to 178 cm.



# ARNOLD PRO SHOW

By Vance Ang, Fiona Flanders and Daniel Hedger  
Photography by Rob Czempinski

**Vance:** The debut of the first ever Arnold Classic Australia was not just a massive multi-faceted sports festival, but it heralded a new chapter in this industry; quite simply the brilliance of this event was both overwhelming and intoxicating, for all the right reasons.

From an industry perspective, it is extremely satisfying to see just how far Tony Doherty has come — in the mid-to-late '90s his shows, though enjoyable, were much smaller affairs but numbers grew just as the popularity of events proliferated year after year. This has culminated in a

world-renowned event, where Tony has managed to pack the massive Plenary Hall to its maximum capacity with fans, industry and some of the biggest names in the bodybuilding world.

**Fiona:** For me, the Pro Show began the moment I stepped into the Melbourne Convention and Exhibition Centre on the Thursday prior to the competition. Even at that early stage, the frisson of excitement in the air was palpable — everyone buzzing with the possibility of seeing Arnold and, seemingly secondarily, their favourite elite bodybuilders.



Josh Lenartowicz.





The top three strike their most muscular pose.

The finals opened in spectacular fashion with all the competitors on a darkened stage before fireworks and a posedown.

**Daniel:** After a small glitch with the lighting — where the follow-spot operator and athletes alike weren't sure whose name was going to get called out — the show opened with a literal bang, something of a tradition now for TD.

**Fiona:** A highlight for me was the poignantly beautiful routine by two-time Arnold Fitness champion Oksana Grishina. Her attention to detail, athleticism and finely muscled physique combined to produce a breathtaking performance that had the audience transfixed.

**Vance:** Having an athlete of Oksana's calibre open the event was in itself a treat. The routine, based on the film *Black Swan*, was three years in the making, and it showed; her intricate

choreography, flawless agility and superhuman strength has set a new standard for this division.

**Daniel:** Yes, and TD introduced that guest routine by saying that the IFBB in Australia is considering introducing the Fitness division, so after the rapturous response to Oksana, you'd have to think that it would be a shoo-in for 2016's Arnold Classic Australia. We just need some Aussie Fitness Pros!

**Fiona:** That Tony Doherty really knows how to put on a show; the meticulously planned show cleverly built the audience's expectations to fever pitch by the time Arnold himself entered the Plenary to a standing ovation. The audience was thrilled to be addressed by Arnold and very appreciative of IFBB Australia President Paul Graham's Lifetime Achievement Award, presented by Arnold.

## PRO FIGURE

**Vance:** Over the years observers have decried the lack of any mandatory posing for IFBB Figure Pro athletes, however it is clear that this Figure line is still characterised by that overall firmness, healthy muscularity with shapely lines with minimal to no visible striations.

**Fiona:** Mighty cheers were heard throughout the auditorium for two of our very own Australian Pro Figure women, Amanda Doherty and Eliyan Lobez. With two very different physiques, both ladies were crowd favourites, but unfortunately did not finish in the top five.

**Vance:** Last year's pro card winner Eliyan Lobez put quality before size, with a calm and almost zen-like look in her eyes; Eliyan's v-taper is really something and her sting ray-esque back was certainly a jaw dropping

# PRO MEN

1. Dexter Jackson
2. Branch Warren
3. Justin Compton
4. Evan Centopani
5. Brandon Curry
6. Roelly Winklaar
7. Ben Pakulski
8. Toney Freeman
9. Joshua Lenartowicz
10. Cory Matthews
11. Luke Schembri
12. Sam Mohammad

feature, as much as those defined legs. If you are talking abs, this lady's ripped midsection boasted the most stunning serratus in the line up.

**Fiona:** This was a very tough category for the judges and it would have been no surprise if the superbly proportioned and presented Candice Keene, last year's FitX Pro Show winner, had come away with the honours.

**Vance:** Candice Keene presented a stunningly wide back, with awesome width and an oh-so tiny waist. Over the years she has firmed up her midsection, which also complements the rest of her, as she is consistent and extremely industrious in honing her physique. I had my money on Candice from the very beginning.

Aussie 2013 Figure pro Asher Prior took to the stage with immense crowd support and the woman touted as the 'Shape Shifter' by the *Illawarra Mercury* in 2014 certainly didn't disappoint. This teacher, wife and mother has hardened up her physique but not compromised the finer lines, which have made her famous within the circuit. Meanwhile Sydneysider Rinnah Schmidt has definitely crafted and honed her physique over the years. She was definitely wider across the back and more tapered in the waist — a great showing.

**Daniel:** I've been particularly impressed with the other Candice, Candice Lewis, over the past year and can see her taking the top spot soon enough. She has that beautiful capped shoulder look and tiny waist that judges love, as well as being as conditioned



**Ben Pakulski.**



**Brandon Curry.**



**Cory Matthews.**



**Sam Mohammad.**



**Roelly Winklaar.**



**Toney Freeman.**





The winners: Janet Layug, Dexter Jackson and Camala Rodriguez-McClure.



Evan Centopani.



Luke Schembri.



Branch Warren.



and hard as a Pro Figure athlete should be — with those amazing, track-conditioned legs — but also as feminine as a sleek Bikini competitor.

**Vance:** Although Camala

Rodriguez-McClure dropped to 13th place at last year's Olympia, she was definitely on point this year with her conditioning, yielding her victory in Columbus a week earlier and a repeat performance in Australia. Her harder and muscular legs might be the result of a shared favourite pastime with her husband, who both are avid hikers who enjoy climbing mountains higher than 14,000 feet!

**Daniel:** You're full of interesting facts, Vance.

## PRO BIKINI

**Fiona:** The Pro Bikini category drew plenty of attention from the crowd. The standard was exceptional, as would be expected at this level of competition, and the girls were beautifully professional throughout. This was another very strong category, the depth making it a difficult one to judge. Each competitor seemed to bring something special of her own to the stage.

**Vance:** Despite the uniformity of the line-up, there was still a degree of creativity and uniqueness to each competitor, whether it be in their walk, their chosen suit or in the sign-offs of each personality. Sheena Anderton might make for a good Figure competitor one day with her rock hard abs, much the same as Stephanie Mahoe, who exhibited some hardness in her upper body.

As for our Aussies, former Figure Pro Summer Bernard was as classy as ever and Barbie Heng looked sensational despite seeming a little uncertain; Ebony Quince and Amy Wright showed star quality and easily held their own among the international line-up. Clear favourite Ashley Kaltwasser was amazing in all respects, right down to her T-walk, while eventual winner Janet Layug was a stellar revelation.

**Daniel:** It's interesting to see what one week and a different set of judges can do to a division. With many of the top Bikini Pros coming to Melbourne from Columbus, you could be forgiven for predicting the top six would look pretty much the same, but no! Janet Layug jumped ahead of Arnold and Olympia Bikini champ Ashley Kaltwasser, who I thought looked visibly shocked. Could this be a turning of the tide for the former Hooters girl or



Pro Figure top six.



Camala Rodriguez-McClure.



Candice Lewis.





Rinnah Schmid.



Asher Prior.



Latorya Watts.



Larissa Reis.



Eliyan Lobez.



Amanda Doherty.

## PRO FIGURE

1. Camala Rodriguez-McClure
2. Candice Keene
3. Candice Lewis
4. Gennifer Strobo
5. Latorya Watts
6. Dana Ambrose
7. Heather Dees
8. Myra Rogers
9. Amanda Doherty
10. Larissa Reis
11. Eliyan Lobez
12. Asher Prior
13. Rinnah Schmid
14. Maria Garcia
15. Tara Ramos



Candice Keene.

is it just a blip on the bikini radar? Time will tell, but one thing's for sure: Ashley won't go down without a fight.

**Vance:** I think the Bikini awards provided many people's favourite moment of the night, when Arnold asked winner Janet Layug, "Who is your daddy and what does he do?"

**Daniel:** Yeah, Arnold really loves to lean in on his famous movie quotes.

## PRO MEN

**Fiona:** The crowd was absolutely riveted by the mountain of muscle displayed by the Pro Men. Aussie Josh Lenartowicz. How could you not love this guy? He's progressing in leaps and bounds and really mixed it with the best on the night. He's just bursting with the joy of being on stage and has become a real entertainer.

**Vance:** Big Josh supposedly put on 10 kg of muscle since his last show. He came in much bigger, fuller and drier than we'd seen him previously, proving that this guy really does have a bright future in the sport. His insane hamstring activation while undertaking a back double bicep, through to a side chest trademarked by his cheery grin was a real highlight and it was evident that Joshua was really enjoying himself — and just as he was, so were we, the audience!

**Daniel:** Joshua looked great and did the Aussies proud. Unfortunately for him he didn't achieve his #operationfirstcallout but you have to dream big, right? I can only see things getting bigger and better for him from here on out.

**Vance:** Despite being the baby of the Men's Pro division, 26-year-old Justin Compton proved that he could certainly hold his own among giants — he was one of them after all! The 2014 Europa Pro champion didn't disappoint, boasting a massive chest and huge hamstrings in his debut Australian showing.

**Fiona:** Yeah, Justin displayed a very mature physique well-balanced physique for his age and acquitted himself exceedingly well in the battle for the big prize. I thought Evan Centopani was equally impressive, who ended up in fourth.

**Daniel:** It will be interesting to see how mass monster Justin goes up against Big Ramy at the Olympia later this year.

**Vance:** Former 2007 NPC Mr. USA Brandon Curry was more of an enigma than his counterparts, made noticeable

by his subdued posing. This did not detract from his massive boulder-like shoulders and thickly developed triceps, unmistakably part of his well-known heavyweight physique and massive presence. Introduced by TD as ‘the shape monster’ Curry is the definition of a true ‘phreak’.

**Daniel:** I was pleasantly surprised at Brandon’s fifth placing, who was seventh to Roelly Winklaar’s sixth in Columbus. In Melbourne, he did more than one better, reversing spots with Roelly, the judges obviously taking very seriously Arnold’s comments about distended bellies, which head judge Steve Weinberger had specifically mentioned at the athletes’ meeting and reiterated multiple times. You have to feel that Roelly specifically was being hammered on this point.

**Vance:** This is the first time I had seen 212 competitor Cory Matthews on stage. Training under Ronnie Coleman certainly has its advantages and Cory’s thick, bulky upper body seemed reminiscent of his famed mentor. As Tony mentioned, Matthews is a Ronnie Coleman in the making.

**Daniel:** He actually called Cory a ‘mini Ronnie.’ We don’t have an IFBB 212 division in Australia yet but time will tell. It would be interesting to see Cory up against Queensland’s Gary Wright, another diminutive pro.

**Fiona:** How about Toney Freeman, the elder statesman of the competition, who placed eighth? He battled and won against issues with his routine music and garnered huge support from the crowd for his sportsmanship and polished routine.

**Vance:** Toney’s physique is one of the few that characterises the X-frame of classical bodybuilding marked by a set of broad shoulders, a narrow waist and flared hamstrings. Though understandably miffed by the errors with his music, Toney maintained enough composure and class to take the audience through an Usher-style routine with the X-Man proving he can really dance.

**Daniel:** At 48, Toney is in incredible shape. Scratch that. He’s incredible shape for 28. Will he ever win a big pro show? Probably not, but when he’s regularly trouncing much younger men, there’s no reason he should stop. He just loves competing and it shows.

**Vance:** Stalwart Aussie pro and firefighter Luke Schembri brought the goods to stage yet again with his own unique sensibility that has made him



**Pro Bikini champion Janet Layug.**

such a favourite local star. His muscles thick and dry, Schembri roused the crowd with AC/DC’s *Back in Black*, illustrating his indestructible lat spread and equally impressive back double biceps pose. There was a greater and almost organised structure to his posing; my only criticism is that it seemed a little bit rushed — but it did leave us wanting more.

**Daniel:** Luke had said prior to the show that his main aim was to not come last, which he accomplished.

**Vance:** New Zealander Sam Mohammed put on a most commendable effort; however, as was observed by numerous attendees, among the large line-up of beefy competitors Sam was definitely outclassed due to the size differential. Though one of the more handsome competitors, Sam’s more leaner

physique might have well been suited to the Classic division, but despite this his posing made up for his lack of size against his contemporaries.

**Fiona:** Another crowd favourite was BPak, Ben Pakulski, who came in at seventh, possibly due to the disparity between his arms and his freakishly big legs. Ben, as did all the athletes, accepted his place graciously and continued to generously spend time with fans throughout the remainder of the Arnold Classic extravaganza.

**Vance:** Ben’s posing has become more masterful comp after comp. Showing the biggest hamstrings and quads, and accompanied by a massive thorax, the sheer size and depth of his muscular mass appears to be indicative of the specialised hypertrophy style training that Pak-Man is known for.



# PRO BIKINI

1. Janet Layug
2. Ashley Kaltwasser
3. India Paulino
4. Stephanie Mahoe
5. Narmin Assria
6. Summer Bernard
7. Pollianna Moss
8. Sheena Anderton
9. Barbie Heng
10. Jade Roxanne Mackinnon
11. Whitney Wiser
12. Ebony Quince
13. Amy Wright



IFBB Aus president Paul Graham with his Lifetime Achievement award and TD.



Ashley Kaltwasser.



Stephanie Mahoe.



Oksana Grishina's guest posing routine.

The man known as the Dutch Beast, Roelly Winklaar, dominated the stage, matching mass with quality striations. Roelly's routine was deliberately slow to accentuate his massive arms and equally massive delts.

**Daniel:** Roelly also did not attempt the backflip that he almost didn't land in Columbus during his routine in Melbourne. His condition hurt him this time out, as following Arnold's comments, judges were gunning for Roelly.

**Vance:** Branch Warren is truly a sight to behold — witnessing him on stage is just as shocking and inspiring as it is seeing him train. Branch himself is best characterised by raw power and raw size, the guy is an absolute monster. The Texan sported the biggest quad in the line-up and didn't fail to solicit gasps of awe from the audience. At 5'6" Branch looks like he gets on stage at around 252–260 lbs (114–118 kg), bigger and leaner than other established pros and reportedly he also sports a 56–58 inch (142–147 cm) chest.

**Fiona:** Branch Warren was freakishly conditioned and vascular and was tipped by many to win. Perhaps Arnold's sentiments had resonated with the judges, as he was beaten by the more symmetrical Dexter 'The Blade' Jackson.

**Daniel:** I'm not so sure, Fiona. Was he tipped to win? Branch has certainly beaten Dexter before (though not in the past few years) but I often wonder how much the results can really change from one contest to the next when a bigger, more established show (Arnold Classic Columbus) had already decided it was Dexter's year — a history making win, and one I was excited for. It's no secret Dexter is probably my favourite current pro, so maybe I'm biased but I feel there would have been an uproar if our inaugural Arnold Australia show reversed the first and second place-getters set by the Columbus judges the previous week. That said, Dexter had only arrived in Melbourne that morning and, as he said on stage, it was lucky that, "When I fly, I get dry." Who knows what might have happened had he arrived off or bloated — or worse, couldn't compete? A much-deserved win, in my opinion.

**Vance:** Sharp and lean, it is no wonder that Dexter Jackson is touted as being the greatest ever Arnold Classic winner. Always confident, Dexter's refined musculature was both striking and balanced; his smooth transitions between poses were simply unmatched.

**Fiona:** I left the Pro Show dazzled by the standard of competitors and I'm certain the rest of the packed auditorium felt the same. As I said previously, Tony Doherty really knows how to put on a show! ■



India Paulino, Summer Bernard and Narmin Assira.



Barbie Heng.



Ebony Quince and Amy Wright.



The Pro Bikini top six.



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# Elite Distributors

Person behind the brand: Joe Grima

By Vance Ang

**Hi, Joe. Thanks for chatting with Iron Man today. What can you tell us about the origins of Elite Distributors?**

I had been working for Max's and I enjoyed it but after five years I felt myself getting stale; I was pretty much cruising along. I liked it but I felt I wasn't being challenged. Now, Elite were actually one of my customers, as they had one store inside Elite Physique gym in Canberra that I used to service and at the time I would visit Canberra every second month. And one morning, out of the blue, I got a phone call from one of the guys that I knew there and he said, "We'd like to have a chat with you," and I said, "Well, I will be there in a few weeks," and he said, "Can you get here any sooner?" So I had a dinner meeting with him a few days later. He told me that they were bringing the Ultimate Nutrition brand into Australia and said, "We're going to start up a distribution company; are you interested in running it for us?" I thought, well, I am pretty stale and could use a challenge, so I said OK and decided to give it a go. I signed my employment contract on the boot of someone's car at Eastern Creek raceway and on December 17, 2007 I started Elite Distributors.

**Elite is well known for stocking some of the most well established boutique brands (Nutraolics, Met-Rx, Infinite Labs, Ultimate Nutrition and ANS to name a few). What drives your selection and choice of products?**

We try and get things sort of left-of-centre. A lot of products are very similar these days, so we try and find things that are a little bit different; and a little bit more unique. Also, working with some overseas partners that are happy to help us to build a brand in Australia, we like to create good relationships. For example, Nutraolics have been fantastic in really helping us out, with custom products and brand building. Ultimate Nutrition is obviously where we started and they are a huge international brand, and smaller boutique brands like ANS, same sort of thing. We're looking for good quality brands, something a little bit different

and out of the ordinary and good partnerships we created.

**What do you think has made your company so successful?**

When I started Elite it was literally myself and Michael Skidmore at the office, so I didn't have a sales team. And I think it was a great benefit, the fact I had retail and wholesale experience. So I wanted to find that balance and make it easy to deal with us. You know, a lot of other companies back then would be very stringent on how they would sell you products, you had to do this and do that. But because I had the knowledge of both businesses, it was very easy to make it simple for the retailers to buy from us and very rarely would we say no. So it was always about doing right by them, giving them good trading terms, get them good pricing, good service and in return they gave us loyalty of buying from us. Ultimately it is all about relationships and keeping these strong. That was one thing that opened my eyes – that the relationships I had created with that former company, that really lasted and it had nothing to do with the product – it was about the relationship I had with the client and the relationship they had with me. I was surprised at the loyalty I had out there.

Joe in his competing days.



Elite's stand at the Arnold Classic Australia.

**What are your thoughts on bodybuilding and sports supplementation today?**

Well, for want of a better word it is saturated. We have so much product out there and not a lot is very different to the rest, so this is why it is difficult to find products that are unique and perhaps left-of-field. Obviously we are doing Ultimate Nutrition's Carnabolic – which I know you are a big fan of – that is a unique product. We are still the only distributor doing a beef protein isolate to date in Australia, so these are the type of products we look for, something different. Generally speaking, we are saturated with a lot of similar items and products and it's increasingly growing daily.

**Elite Distributors has definitely been one of the more innovative companies I have encountered; what exciting new products are on the horizon?**

We're always looking for new brands and new products, things to expand our range. I did just have a product come in from ANS, a boutique company who do the pre-workout Ritual; they have a fat-burning powder called Diablo, which we



have had great success with, and they just released a product called Diablo-PM, which is a little bit different. It's a stim-free nighttime fat burner; essentially you take it before you go to bed. It has actually got some ingredients in there for general wellbeing as well as the fat-burning side of things; it's a different kind of product, which is what we focus on – it has some ingredients in there which help you reduce stress too! The other product they released is a non-stim pre-workout called Dilate that's essentially a pure pump product...it has the agmatine sulphate, and citrulline as well; all the ingredients in there are definitely pushed towards the pump.

**Your presence at the fitness expos has been huge with supplement giveaways, show bags and more – your new stand debut at The Arnold was really impressive! Do you have anything big planned for this year's other big expos?**

In that 'overlapping' phase, when Filex was still in Sydney and the inception of FitX in Melbourne, there were a couple of years where we featured at both. Filex is probably the largest fitness expo in Australia, and I think from my point of view the fact that they took it from Sydney to Melbourne – I understand they did that because of the major redevelopment of their Entertainment Centre – but it is a pretty big ask to replicate what we did at the Arnold Classic six weeks later in the same state. I think the financial outlay is definitely not worth it. In terms of trade shows, you sort of have to be there if you want to still keep the brand profile up, but we don't generally sell at any of these trade shows; it is purely to educate the customer on our products, to raise our brand recognition in the marketplace. So for the financial outlay you invest you really don't get much return, so to back up another one six weeks later is a big ask. For Elite Distributors, we have found our home with FitX and the Arnold Classic, so we will be sticking with that

**Joe, you're always in fantastic condition and readers might know you're a former IFBB champion. Are you looking at competing again one day?**

Never say never, Vance [laughs]. I wouldn't say it is in my immediate future as my focus is on business and family. I can't say that I don't get excited when I go to a show and I think, "I am going to compete" and then someone puts a

Joe (far right) at the 2010 Mr. Olympia.



plate of food in front of me and I think, "Maybe another time." I love the lifestyle; as you are very well aware I am into my training, I am very focused on that but competing...I have been there and done that. My last show was in 2007 and I have done seven shows and I think I might have got it out of my system but as I say: never say never, you never know, I might get excited next year and give it a go again. I have just turned 45, so Masters Division is on the cards if I ever decide to go again!

**Having had the pleasure of training with you, I know you're a proponent of intensity and volume. What workout tips would you like to share with readers?**

To put it in a word, it is consistency. There is no other way to put it: eat-train-rest and repeat, it's as simple as that. There is never any hard and fast training style that will suit everyone. Any sort of training, the same style done continuously will eventually fail. I

think you need to try and be inventive and change training around to keep your body guessing and keep growth happening. Consistency is the key – if you don't have consistency you won't get where you want to go!

**Any concluding comments you would like to share?**

I must thank Elite for giving me the opportunity back in 2007 to essentially run the show and since I have done that I have had great memories. I actually gave out the medals at the 2010 Olympia as Ultimate Nutrition has been the major sponsor for the last five years. Putting it around Jay Cutler's neck was great, being on stage to do that was awesome. That was an opportunity that came about from ED, so I have to thank them for giving me the opportunity and believing in me to be able to run the company. ■

*To find out more about Elite Distributors' and their products, visit them at [www.elitedistributors.com.au](http://www.elitedistributors.com.au).*



A selection of Elite Distributors' products at their Arnold Classic stand.





# JASON POSTON CAN'T HOLD HIM DOWN

By Lonnie Teper • Photos by Per Bernal

**The path of IFBB pro Jason Poston has not been an easy one, but that has not stopped his success.**

It's a typical balmy day in Long Beach, California. Inside Metroflex Gym, one of Southern Cal's most celebrated hardcore venues, is Jason Poston, the 32-year-old men's physique star out of Dallas, Texas. A Colin Farrell look-alike, Poston crawled out of bed at 4.00 a.m., Texas time, to catch a flight to Los Angeles, before making the 25-minute ride from LAX to Long Beach. If that sounds strenuous, you don't know much about Poston.

Anyone who follows the industry knows that the 5'11", 197-pounder (89 kg) dominated the IFBB men's physique division in 2014. In one year Poston won four pro contests and was the runner-up in a fifth. In the young sport of men's physique, there has yet to be a run like what Poston accomplished in 2014. Furthermore, plenty of industry experts felt Poston could have posted another title at the Olympia after finishing behind champion Jeremy Buendia and runner-up Sadik Hadzovic, a line-up so sublime that inaugural champion, Mark Anthony, fell out of the top five.

Names like Buendia and Hadzovic aren't Jason's toughest opponents. Not by a long shot. Poston lives with type 1 diabetes, a condition that should make competing in physique contests — to say nothing of winning them — impossible. Instead, Poston gets up every day and outthinks, outworks, and outprepares the disease. Is he winning the fight? We think so!

**Lonnie Teper: Where are you from, and what was it like growing up?**

**Jason Poston:** I was born in Grapevine, Texas. It was a small town, but then it grew quickly when they built the DFW airport there. My lifestyle in my early life was just being active and playing lots of sports. I played baseball, basketball, football, hockey — and boxing and wrestling.

**LT: When did you start lifting?**

**JP:** I started lifting seriously at age 19. After high school, a lot of my friends played college sports and it made me aware of how weight training could help build muscle. I wanted to keep up with them, so I started to take a serious interest in weight training myself. I also saw local bodybuilders like Branch Warren and Johnnie Jackson around town, which piqued my interest. I started reading a lot



## IFBB Pro Jason Poston

**Age:** 32

**Height:** 5'11"

**Weight:** 197 pounds (89 kg)

**Best Placings:** 1st 2014 IFBB Europa Show of Champions; 1st 2014 IFBB Europa Dallas; 1st 2014 IFBB New York Pro; 3rd 2014 Mr. Olympia, 1st 2014 IFBB Phoenix Pro

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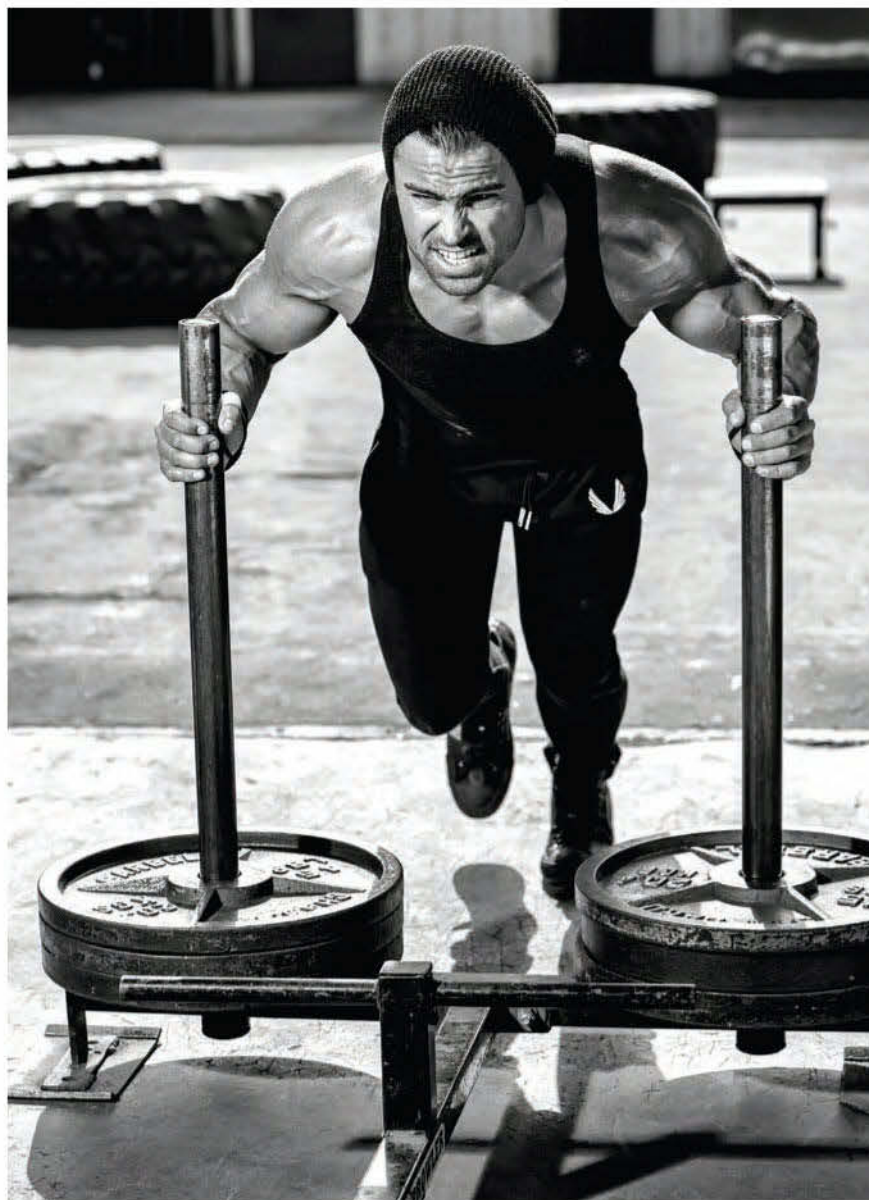


about bodybuilding, magazines like *Iron Man*. I also read the *Encyclopedia of Bodybuilding* by Arnold.

Also around that same time, my high school girlfriend dumped me. Whereas we used to go out to eat and just hang out, I used my newfound free time to get a gym membership and spend that time in the gym. I started talking to all the bodybuilders I met about how to build muscle, and I trained really hard. It worked! Everyone around me started noticing the results, even the old girlfriend!

**LT: I heard you had a rough patch early in life.**

**JP:** In high school, I was always very social and liked to go out. I was out one night when I was 19 and found out that the same girlfriend was with another guy at a party and trying to make me jealous. I drove over there, speeding, to try to find her. I got pulled over, and because I had had a little to drink, I got arrested. Because I was young and had never had to deal with anything like this before, I got confused about when to show up for community service and ended up in jail. I had to serve 40 days in county jail at age 19. I won't lie — it was tough in there. It was a life-



changing experience that I learned a lot from, and it helped give me the strength in my life to take on many challenges that I've faced as an adult. It definitely made me a better person and helped shape a lot of who I am today.

**LT: Speaking of strength, you got in cover-model shape for this shoot with *Iron Man* in the middle of your contest prep for the first-ever Arnold Classic Physique competition. How tough was that?**

**JP:** It was tough, but I looked at it as a challenge. In all types of business, whether it be fitness modelling or being a master of ceremonies, there

are frustrating things that get thrown your way. But you just suck it up and do it. I stay in shape year-round, so I didn't have a lot of fat to lose. But it was a challenge with having to fly, pack my food and clothes, and continue to prep for the Arnold.

**LT: Tell us about another challenge in your life. You had just won a model-search competition in 2011 and were prepping for your first NPC contest when you got the devastating news: type 1 diabetes at 28 years old.**

**JP:** I was prepping for my first NPC contest in 2011 when, correct, I was diagnosed with type 1 diabetes. It was confusing for me at first since I lost 15 pounds (7 kg) for no reason



in one weekend and over the course of the month lost another 30 pounds (14 kg) despite eating extra food, weight gainers and supplements. I actually was eating healthier, but it wasn't working. Once I got the proper treatment I started feeling better immediately. September 1, 2011. The doctor thought my pancreas had stopped working the previous February.

**LT: I imagine there were more symptoms in addition to the rapid weight loss.**

**JP:** Absolutely. When your blood sugar is high, your body doesn't absorb any nutrients. Your red blood cells start to get coated with sugar. My A1C score [a test reflecting blood sugar levels for three months] was around 16, which is terrible. A normal A1C is six or below. When they put me on insulin, I immediately gained 30 pounds back. I gained 15 pounds during the first weekend they put me on it.

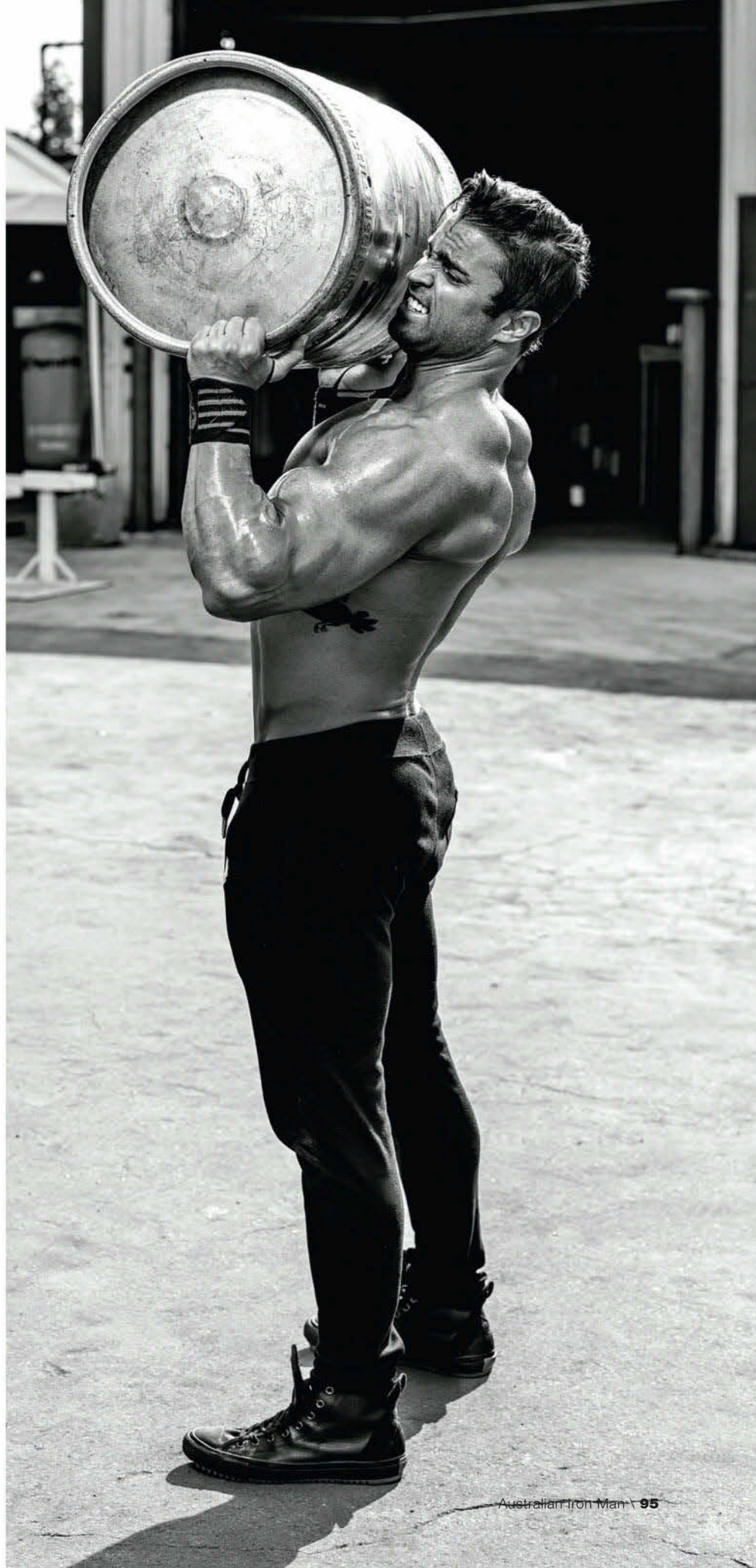
**LT: Describe your thoughts when you were first diagnosed?**

**JP:** Like most people my age, I didn't know much about the disease. So when they told me my blood sugar was 550 [normal range is 80 to 120] I asked what that meant. They told me I could go into a coma at any point and took me straight to the emergency room.

They originally thought I was type 2, and they gave me a pill and sent me home. The pill just made me worse. I was so miserable and tired I could barely get out of bed. Then a doctor my grandmother knew called me and told me I was type 1. I went into her office the next day, got a shot of insulin, and felt better within 15 minutes.

**LT: The depressing news didn't stop your game plan. I remember calling out your name in July at the 2012 USAs as one of the new IFBB pros.**

**JP:** Six weeks after I was diagnosed I competed at the Oklahoma Grand Prix. I wasn't planning on doing that show when diagnosed; I barely knew what physique was. A lot of people around me encouraged me to do this contest. When I was given insulin, I gained 30 pounds in 30 days. I thought, "Wow, my body's back." I felt and looked better than ever, so I jumped into it last minute. I competed and finished fourth. I



was just happy to be alive. After the contest, the head judge chased my father and me down in the parking lot and told me, “You are exactly what they are looking for. It’s a new division, so it’s hard for the judges right now to figure out how to place but don’t be discouraged.” He told me I should continue to compete because I would do really well. That really motivated me to work even harder. I found out I really enjoyed the competition because it allowed me to promote the lifestyle I already loved. I didn’t compete just to win; I competed because it helped push me to be my best.

**LT: Have you always eaten healthy?**

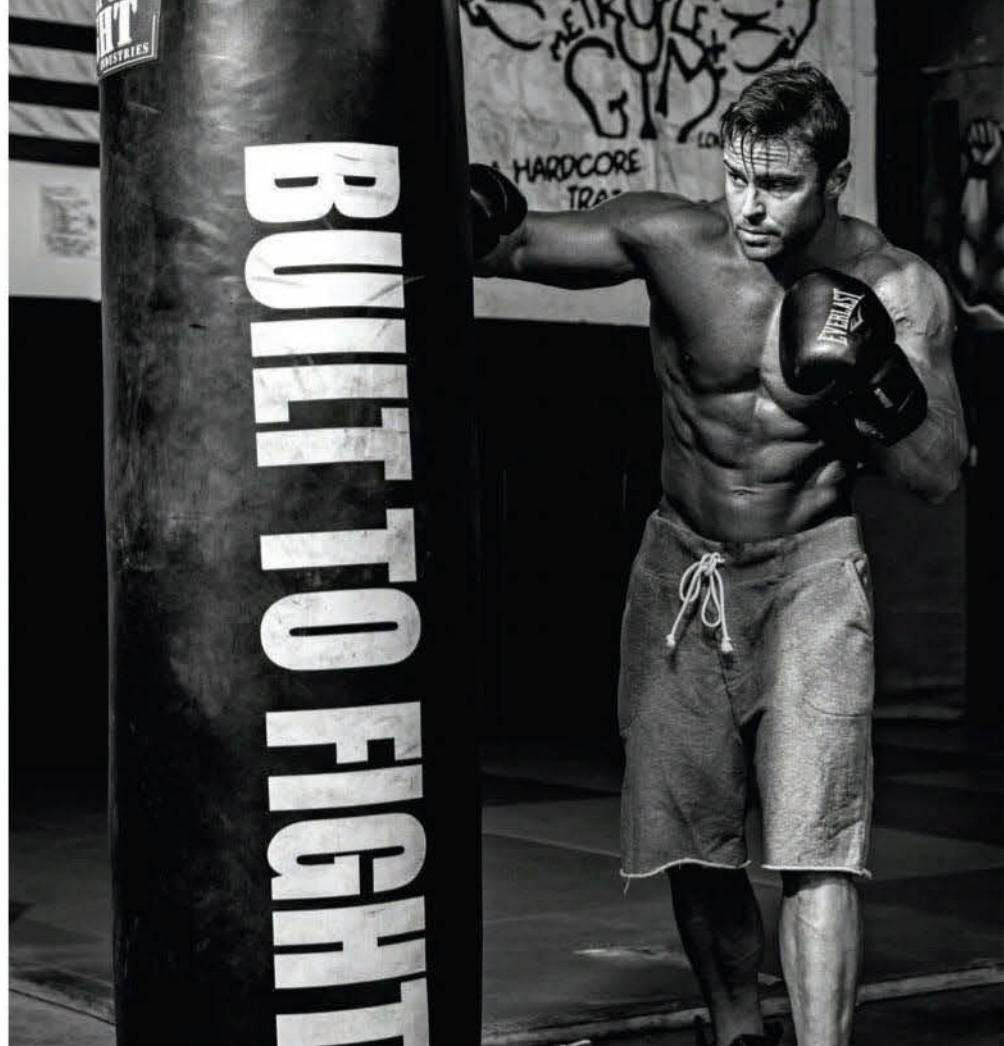
**JP:** I was one of those guys who could get away with eating anything I wanted. I was a personal trainer and ate the typical way: a high-protein, high-carb, and low-fat diet. I was consistent with my supplements, though. I always liked MET-Rx products. Being from Dallas, Johnnie Jackson was with them at the time, so was Troy Aikman. After I started competing, I became much more specific with my diet, counting macros and timing my food.

**LT: I hear that pro bodybuilder Colette Nelson has played a major role in your competitive life.**

**JP:** Yes, she has. We are the only two IFBB pros who are type 1 diabetic, and the only two to ever compete in the Olympia. *[Former pro bodybuilder Tim Belknap also lived with diabetes, but never competed in the Mr. Olympia — Ed]* PJ Braun told me to contact Colette because he knew of her medical condition. I emailed her, and she emailed me right back. She taught me how to go low-carb — zero to 50 grams of carbs a day — so you don’t use as much insulin. She also had me switch up the way the doctors were having me take my insulin. The key, in her view, was to use as little of the fast-acting insulin as possible, and that way the blood sugar is not constantly going up and down like a rollercoaster.

**LT: Considering your track record in 2014, with four wins, one runner-up, and the third-place medal at the Mr. Olympia, Colette’s input was inestimable.**

**JP:** Absolutely. Diabetes is a controllable disease, but the only way



a diabetic can lead a normal lifestyle is by eating a low-carb diet. Sugar and carbs are the enemy now. But because I eat low-carb, I can enjoy more healthy fats like chocolate, spoonfuls of coconut oil and coconut butter. All the other guys are eating chicken and rice.

**LT: How has diabetes affected your training?**

**JP:** Diabetes has made intense training and especially athletic training so much harder, but it has sharpened me. I stay on top of my nutrition like a mathematician. Food is now math to me. Every meal is calculated. I’ll will test my blood glucose before, during and after training to avoid any hypoglycemia. During training I’ll stop and grab a whey isolate protein, which elevates blood glucose safely and slowly, rather than drinking a bunch of sugar, which spikes blood glucose.

**LT: What are your favourite foods these days?**

**JP:** I like turkey. I love salmon and all types of exotic fish. Grass-fed steak. I eat Paleo for 95 per cent of

my meals. I’ll make Paleo pancakes with almond or coconut flour, which are very low-carb and high in fat and fibre. I tell people to explore a low-carb lifestyle: high in protein, high in fibre, high in vegetables, and high in healthy fats. My message is to keep it at 150 grams of carbs a day or less. I’m also a big macronutrient counter. You don’t need to count your calories as much as macros.

**LT: What’s a typical day of eating like?**

**JP:** Five meals a day I eat 50 grams of protein, 10 grams fibre, 15 to 25 grams of fat, and a ton of dark green vegetables. Pre-workout I eat 50 grams of protein and 50 grams of carbs. I always have carbs pre-workout but never after a workout. My philosophy is carbs are a fuel for intense exercise, so they are better used to boost performance and strength rather than replenish energy. I eat healthy fats, fibre, vegetables and protein for the other six or seven meals of the day. Before a show I adjust the amount of food depending on how I look.



**LT: Are you able to do much volume when you're low-carb?**

**JP:** I always try for 17 or more sets for upper body and 20 sets for leg days. I've learned I can get a lot of energy from fats. It's a much more reliable source of energy and you feel consistent energy and you even get better pumps sometimes.

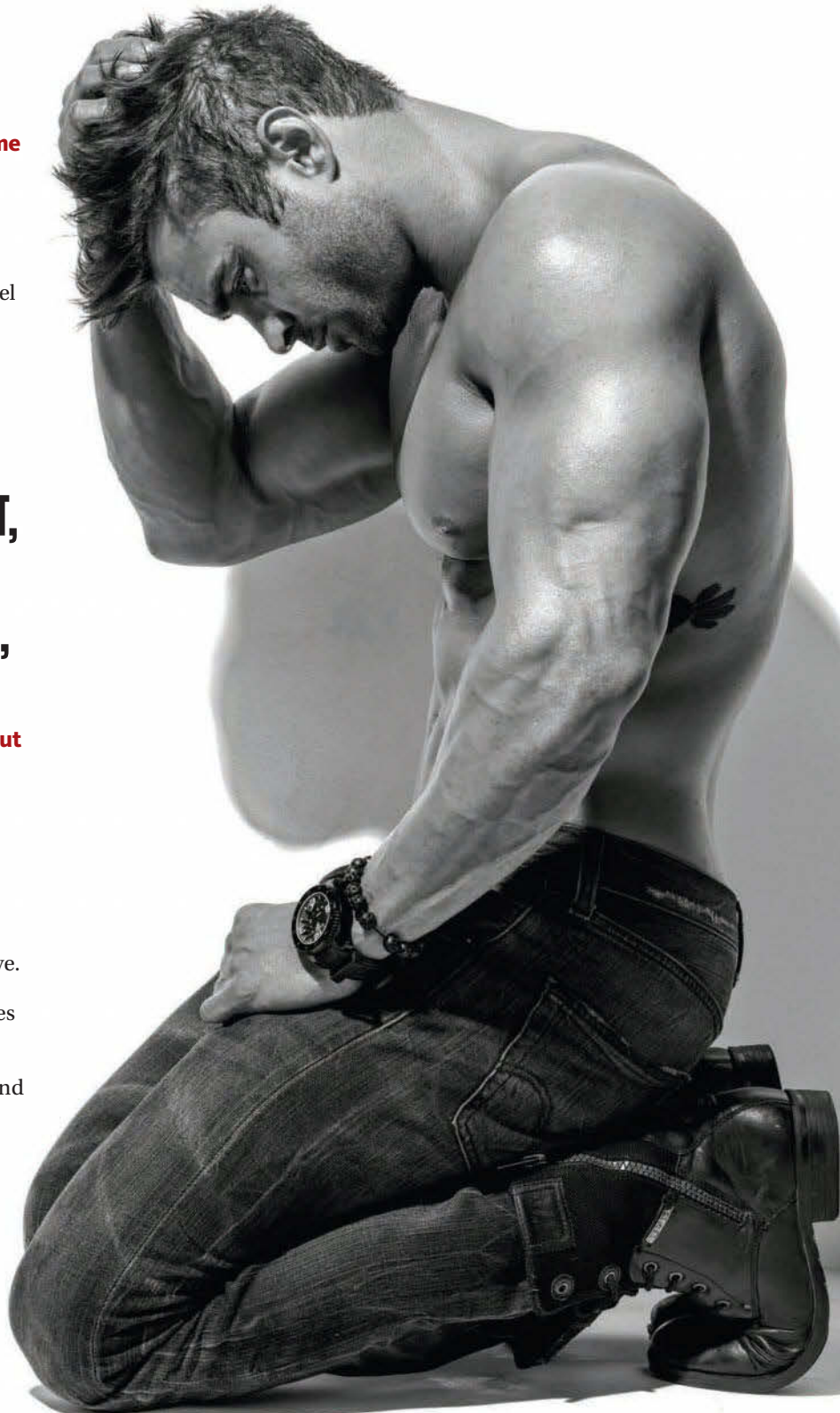
**"THEY TOLD ME I COULD GO INTO A COMA AT ANY POINT, AND TOOK ME STRAIGHT TO THE EMERGENCY ROOM."**

**LT: What does your typical workout routine look like?**

**JP:** I train in the evening six days a week. I split all my body parts separately with arms having their own day. I tend to do legs twice a week, and close to a show, chest replaces legs twice a week. If I feel like my back is fresh, I'll do it again that week. I like to keep it instinctive. I never do the same routine more than once. I keep the same exercises for four to 12 weeks at a time, but rotate and arrange them based on reps and sets. I'll do more compound lifts and less isolation for eight weeks, then more isolation and less compound movements when calories are low. Right now I'm doing a lot of cardio. I want to take my physique to another level. Three times a week I end my workout with 15 minutes of HIIT training like boxing, jump rope, hill runs or box jumps. Anything to keep my athleticism and explosiveness.

**LT: You had a terrific year in 2014, both on and off the stage. Like landing a contract with MET-Rx.**

**JP:** Yes. MET-Rx had shown an interest in signing me before, but I was under contract with another company. I had to wait a month before I was out of my contract and then signed with them a few weeks before the Olympia. I really like their Ultramysyn Whey. My daughter loves the MET-Rx pancakes.



**LT: Men's physique is new to the industry, and some people still wonder what the judges are looking for. Even the training style for the top guys is still evolving.**

**JP:** To me, the perfect physique in this division has very broad, rounded shoulders and a full chest like Arnold or Frank Zane. The back should have a V-taper — as wide as a smaller

bodybuilder down to a small waist. To see a guy with rounded, 3-D action figure-like muscles with small attachments looks absolutely incredible.

I enjoy the presentation aspect of physique, but I do wish they'd add another element where you could squeeze and show a little of your definition and graininess. Maybe just for one pose. Showing

muscle in a relaxed state is incredibly hard. You either have the shape or you don't.

**LT: What is your relationship like with your fans on social media?**

**JP:** I've been a trainer and coach for a long time. Being able to impact and connect with my fans on a global scale allows me to feel that same fulfillment, to watch them grow. I literally wouldn't be able to compete without the positivity and support I get in messages and emails. I am blown away, and I get very emotional sometimes. It's just amazing!

**"THE SCARIEST THING IS WHEN PEOPLE TRY TO CONTACT MY GIRLFRIEND OR MY FAMILY THROUGH LYING JUST TO GET TO ME."**

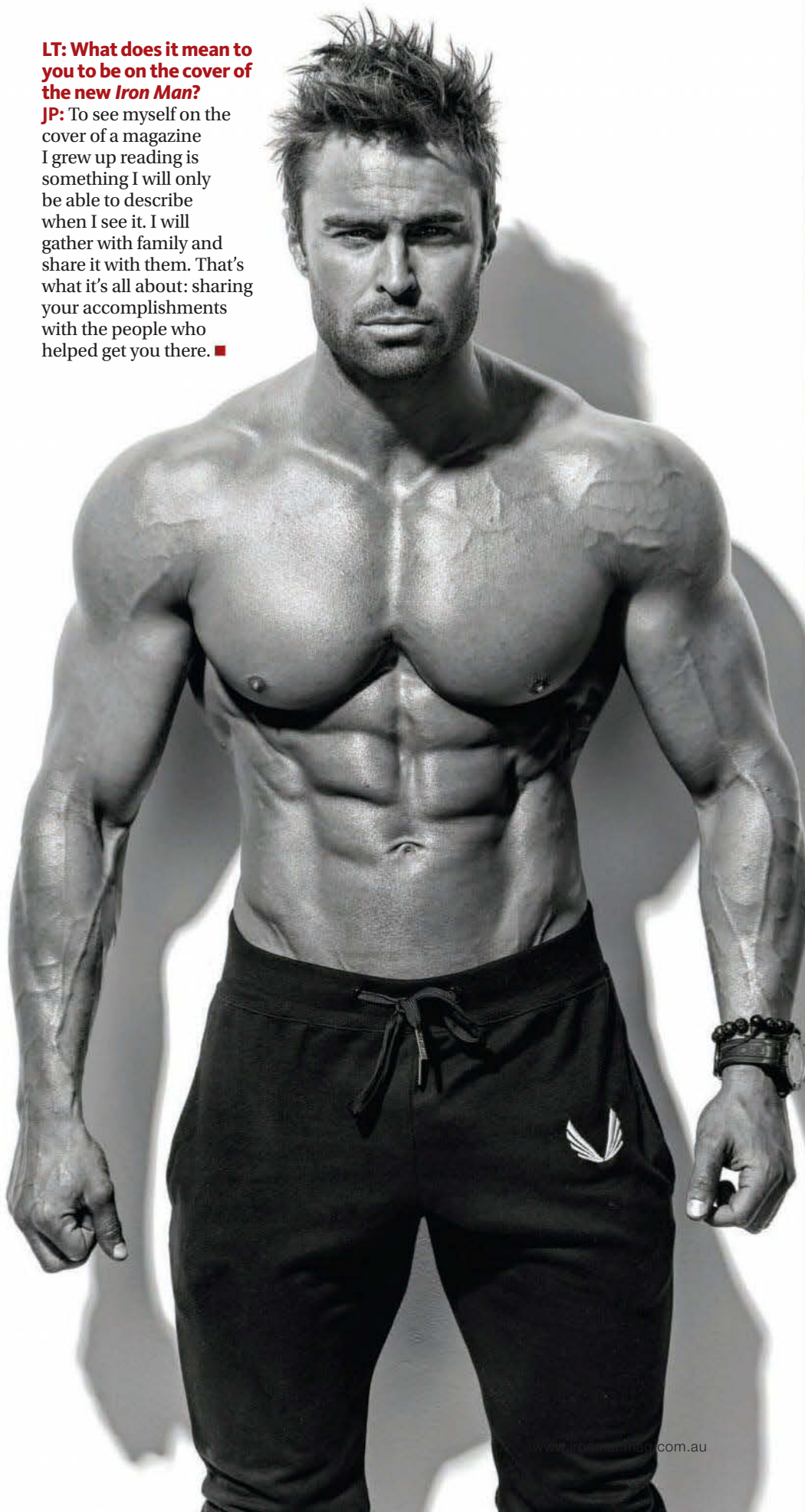
**LT: Do you ever run into stalkers or haters?**

**JP:** I have had people send me awkward things in the mail, which is kind of scary. I had someone send me her 'favourite stuffed animal' and she was an adult! I had someone send me their used workout shirt that was used and kind of smelly. The scariest thing is when people try to contact my girlfriend or my family through lying just to get to me. People can be really different on social media, but I don't let it get to me. I tend to feel bad for them and want to help them. I try to return all hateful comments with a smile. I don't get many, but I believe that all hate can be killed with love.

The good thing is that I mostly get positive things from fans. I've had so many people send me amazing artwork of me that I cherish and have hung up in my office. I have received so many letters and messages encouraging me and supporting me, I really don't even spend time thinking about haters.

**LT: What does it mean to you to be on the cover of the new *Iron Man*?**

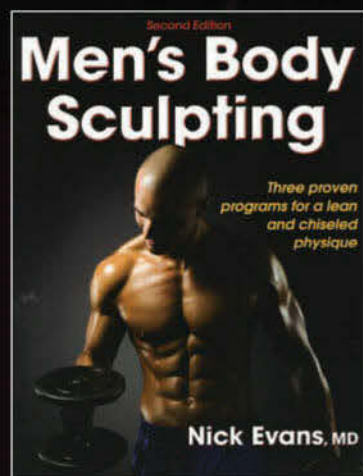
**JP:** To see myself on the cover of a magazine I grew up reading is something I will only be able to describe when I see it. I will gather with family and share it with them. That's what it's all about: sharing your accomplishments with the people who helped get you there. ■







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# STRENGTH & POWDER

**TAKE A CLOSER LOOK AT  
YOUR FAVOURITE PROTEIN  
TO SEE IF IT'S RIGHT  
FOR YOUR LIFESTYLE**

By: Jenevieve  
Roper, PhD  
(ABD), CSCS







**EVERYONE HAS WALKED INTO A NUTRITION STORE** and seen a ridiculously huge wall of protein powder tubs. With phrases like ‘instantised hydrolysed cross-flow cold-processed microfiltration’, it can be a daunting task to find the protein that fits your needs. And if that’s not confusing enough, a dude-bro on staff will usually try to sell you something he doesn’t understand and you probably don’t need.

**T**he truth is, all protein powders are complete proteins and they all promote protein synthesis; however, each type has additional benefits that go beyond just getting you swole. Some blunt hunger, others help keep you from getting sick, and others can even quell post-training soreness. You’re going to get that muscle-repairing benefit, but beyond that is where protein selection becomes important. Tailoring your protein powder to your specific physique goals will make your journey that much faster and more efficient.

### **WHEY PROTEIN ISOLATE AND CONCENTRATE**

These may be the best known and most common protein powders on the market. Whey is the liquid by-product of cheese production, so it does contain dairy. It has a relatively low level of fat and cholesterol, and is somewhere between 30 and 90 per cent protein by weight. It can be found at almost any grocery store nowadays. The difference between whey protein isolate and whey protein concentrate

is simply that WPI is a more refined version of WPC. They are both fast-absorbing proteins and are both relatively inexpensive; whey protein concentrate is really affordable compared to some of the others out there. Don’t equate inexpensive with cheap, in this case. Whey concentrate is a workhorse. It not only helps you build and maintain muscle mass, but it also lessens risk factors for many metabolic diseases.

In fact, studies have shown that whey protein concentrate can help reduce blood sugar levels and increases good hormones such as leptin, a satiety hormone that lets you know you’re full, which will ultimately benefit your weight-loss efforts. It also reduces ghrelin, which is the hormone that is known as the ‘hunger hormone’. Lower levels of ghrelin keep you from mindlessly eating your face off. Whey protein concentrate can even boost the immune system and provide a greater immune response to protect you against things like the common cold and flu.

Some people have trouble digesting WPC because it has a higher level of lactose, so if you are lactose-sensitive, WPI is what you want. WPI also tends to have a superior taste, due to its refinement.

### **HYDROLYSED WHEY PROTEIN**

Hydrolysed whey protein is whey that has been broken down through the process of hydrolysis. This makes it easier to metabolise (since it’s already





predigested) and speeds digestion to increase delivery to muscle tissue. And since it's predigested and contains an abundant amount of leucine, it helps you recover faster and adapt to stress. Therefore, if you're trying to take advantage of your anabolic window, this may be the protein for you. Additionally, it contains almost zero lactose compared to concentrate and is an option for those who may be intolerant to dairy.

Hydrolysed whey protein has some unique benefits that further separate it from whey protein concentrate. Since hydrolysed whey protein elicits a greater insulin response compared to whey concentrate, you'll get the anabolic and carb-partitioning properties of insulin without consuming a ton of calories from simple sugars. Hydrolysed whey protein has greater antioxidant activity, resulting in reduced oxidative stress and potential DNA damage. It has also been shown to have a pain-relieving effect by binding to special pain-sensing nerve endings. And because of its anti-inflammatory properties, hydrolysed whey protein may help reduce the symptoms of diseases such as arthritis, cancer, and even Crohn's disease.

### **CASEIN PROTEIN**

Casein protein is also derived from milk. Because of its structure, casein doesn't dissolve in water. Instead, it forms a gel-like substance in the stomach. This results in a slow release of amino acids that can last

for several hours. This steady drip of amino acids can be very beneficial at night, especially during periods of caloric restriction, because it prevents catabolism, not to mention waking for late-night munchies.

### **FIT FACT**

**Hemp seeds and hemp seed oil are given to hens to help increase the omega-3 content of their eggs.**

Casein protein also has some other great benefits. All protein powders have an anabolic effect; however, casein has been shown to have a longer-lasting anabolic effect compared to some others. This is likely due to the slow release of amino acids into the blood, which helps maximise your anabolic window post-exercise and improve post-exercise overnight

recovery. Additionally, casein protein has been shown to have greater fat-burning characteristics to aid in weight loss. Leaning out? Seems like casein may be your choice to help with that.

### **HEMP PROTEIN**

Hemp protein has been becoming more popular over the last few years, especially with vegan athletes. It's produced from hemp seeds, the same type that gives us cannabis, although hemp protein has no psychoactive properties. Hemp seeds are typically hydrolysed into amino acids, making it easy to digest. Like whey and casein, it triggers protein synthesis; however, hemp boasts some other benefits that may not be as obvious.

Hemp protein is high in glutamine, which is an important amino acid that is a source of cellular energy and aids in recovery. Since hemp seeds contain omega-3s, it also helps reduce your risk of cancer and heart disease. Hemp protein has also been shown to reduce oxidative stress and blood pressure by decreasing inflammation. It's also been shown to protect against kidney disease by reducing the size of cysts within the organs. Therefore, if you're searching for a great source of protein that is vegan, high in omega-3s, and speeds recovery, hemp protein might be for you.

### **EGG PROTEIN**

Egg protein is another favourite of those who are lactose intolerant or





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vegetarian, and is a good choice for the Paleo crowd who stay away from dairy. It's typically made from egg whites and then dried into a powder; however, some powders may also include the yolk. Therefore, you may still receive some of the benefits that come with eggs, such as increasing levels of good cholesterol and being a potent source of choline, a nutrient that's important for brain function.

Since most egg protein is an isolate, they're low in fat and lactose, and high in protein by weight. Egg protein is metabolised fairly quickly, which makes it a great option for use during the post-workout anabolic window. Research also suggests that it promotes satiety and reduces short-term food intake, making it a great choice for those who are restricting calories in an effort to lean out. Egg protein has also been known to have higher amounts of the antioxidant vitamin E than other protein powders. For anyone who makes protein muffins or other amino-laced baked goods, egg protein is a good choice to bake with since it does not denature as readily when exposed to high temperatures compared to other protein powders. ■

## THE ANABOLIC WINDOW

The anabolic window, which is sometimes referred to as the metabolic window, is the time frame after exercise where there is a higher rate of protein synthesis due to a shift from a catabolic state (breakdown) to an anabolic state (building). During this time, it benefits you to take in certain nutrients to help maximise this process. The anabolic window can vary a certain degree from person to person and workout to workout, but here are a few facts to help you get the jump on your post-workout recovery.



The window is not limited to 30 minutes, at least not for everybody. Recent research suggests that the anabolic window lasts anywhere between 15 minutes to 90 minutes post-exercise.



Not only is protein synthesis upregulated, there is also an increase in glucose uptake. This makes it an ideal time for indulging in any simple carbs, like those cupcakes you've been eyeing, because they will go toward replenishing your depleted glycogen stores.

### 4:1

If you just did some endurance training or a serious marathon session in the gym (90 to 120 minutes), the optimal carbohydrate-to-protein ratio for recovery is somewhere around 4:1 (carbs: protein.) Chocolate milk, anyone?





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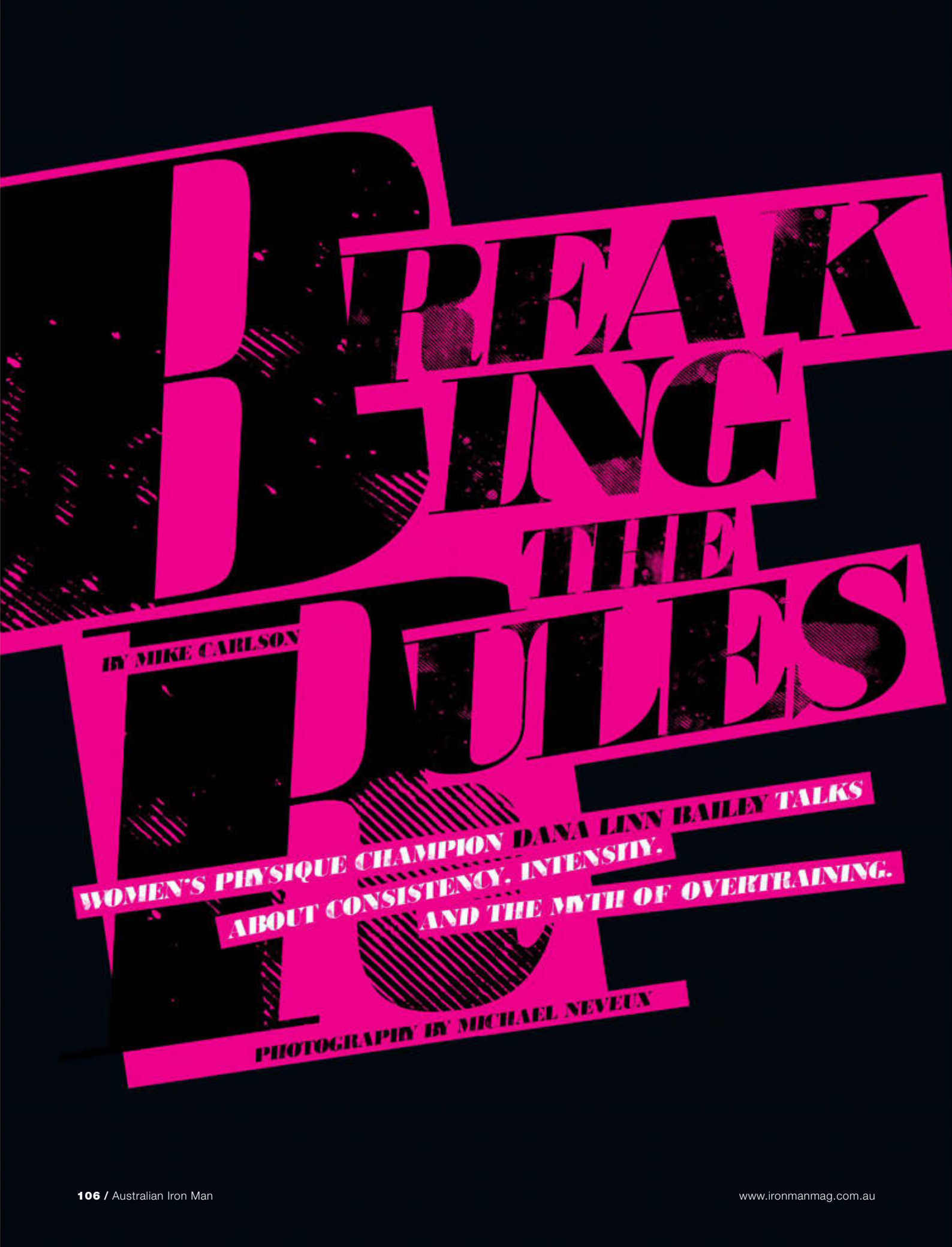


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# BREAKING THE BARRIERS

BY MIKE CARLSON

WOMEN'S PHYSIQUE CHAMPION DANA LINN BAILEY TALKS  
ABOUT CONSISTENCY, INTENSITY,  
AND THE MYTH OF OVERTRAINING.

PHOTOGRAPHY BY MICHAEL NEVEUX





DANA LINN BAILEY

IS HAVING A MOMENT.

**BAILEY HAS BEEN COMPETING SINCE 2006 AND BECAME A PRO IN 2011. BUT LATELY, THE STAR OF WOMEN'S PHYSIQUE SEEMS TO HAVE CAUGHT THE ATTENTION OF THE FITNESS WORLD. AT FITNESS CONVENTIONS, FANS WILL WAIT IN FOUR-HOUR LINES TO MEET HER. WHEN BAILEY AND HER HUSBAND, ROB, RECENTLY ANNOUNCED FOUR NEW DATES FOR THE ONCE-A-MONTH FITNESS CAMP THEY HOLD AT THEIR PRIVATE FACILITY, WARHOUSE GYM NEAR READING, PENNSYLVANIA, ALL FOUR DATES SOLD OUT IN LESS THAN FIVE MINUTES. HER FACEBOOK PAGE HAS 1.4 MILLION FOLLOWERS. WHAT IS THE DEAL WITH DLB?**

**M**aybe it's her trademark Victoria Beckham bob or her year-round cheese-grater abs. If you ask her, though, the secret of the DLB brand isn't a carefully constructed marketing strategy; it's just a product of Dana being Dana. "This is who I am. I lift heavy. I dance. I am a weirdo. I've never steered away from that. I have always been branded with complete honesty," she says. "I say weird things. I have a dorky side to me. I am okay with not looking cool."

It seems to be working.

**Iron Man: In your words, what is it about you that resonates with male and female fans alike?**

**Dana Linn Bailey:** I keep it real. I think this industry can be somewhat fake at times. I am completely honest. When Rob was branding me, we could have gone the easy route like every other fitness girl and tried to do the sexy thing, but that is not me. And I think people respect me for that. I stay true to myself and my values. I think that makes people more comfortable with me.

**IM: Describe a typical workout for you.**

**DLB:** I am on a four- to five-day split, but everything gets hit every fourth day. I don't take any days off. Typically, an average workout is two to two and a half hours. Leg day can be three hours. I like to hit things from every angle as many times as I possibly can. I am very into high

volume. I usually do no less than six exercises. Tonight, I did nine different exercises for back. Every one was five sets or more — some supersets, some by themselves. The rep ranges are all over the place.



**IM: You don't take any days off? You lift every day?**

**DLB:** Yep, every single day. Maybe once a month I won't make it to the gym if I'm on an airplane. I don't believe in overtraining. I think it's a mind-set. Your body is so adaptable to everything you throw at it. Obviously, when I first started working out I wasn't like this. But I have been training for 11 years now. I think my body has adapted to training every day. I feel stupid if I don't train.

**IM: Are you a genetic freak, or do you think everyone can do that?**

**DLB:** I think everyone can do it. You just have to be in the right mind-set. I've been an athlete since I was five years old. I was a six-sport athlete most of my life, until I narrowed it down when I got older. I would go to school, then go to my school sport, and then I was usually in some sort of travelling team and I would go to practice at night. I played college soccer and when that was over I got into lifting. My whole background is based on training all year round.

**IM: Do you prefer to do more compound multi-joint moves or isolation exercises?**

**DLB:** There will always be at least two big compound movements, but then I'll do isolation exercises with supersets, drop sets and lots of volume. I love supersets and drop sets. I might rest a little bit longer with a superset than if I'm just doing pull-downs by themselves. I don't time my rest periods. As soon as I feel I'm ready to go again, I go.

**IM: How did you get so strong?**

**DLB:** I really like being strong. It's what motivates me. Every workout I pick one exercise, and that will be my heavy exercise. On chest day I might bench really heavy. I'll bench 205 pounds (93 kg) for sets of five reps. I actually get stronger through my prep. I've had PRs the last few weeks. It is weird! The other day I benched 235 pounds (107 kg) for two reps.





**DANA  
LYNN  
BAILEY**

**Age:** 31

**Height:** 5'4" (162.5 cm)

**Weight:** 135 pounds  
(61 kg)

**Contest Weight:** 122  
pounds (55 kg)

**Hometown:** Reading,  
PA, USA

**Best Placings:** 1st 2013  
IFBB Europa Dallas;  
1st 2013 Ms. Olympia;  
2nd 2014 Ms. Olympia

**Pets:** Two pit bulls,  
Dboh and Kaia (named  
after Kai Greene)

**Favourite Charity:**  
nybullycrew.org

**Links:**  
[danalinnbailey.com](http://danalinnbailey.com)  
[thewarhousegym.com](http://thewarhousegym.com)  
[flagnorfail.com](http://flagnorfail.com)



**IM: What are some of your other PRs?**

**DLB:** I just started deadlifting. The whole reason for not deadlifting is because all I want to do is go extremely heavy and then all the rest of my workouts for the week suffer. But I've deadlifted 315 pounds (143 kg) fairly easily for two or three reps. My back squat is 315 for about two or three reps. I'm going to PR on that soon.

**IM: Are you as intense in the gym as it appears on social media?**

**DLB:** Every set I go as hard as I possibly can. I have trained with top-three Olympia contenders like Kai Greene, Jose Raymond, and Flex Lewis. Most of them leave the gym thinking I am psycho. I go to failure every single set. Even if I'm repping out quarter reps, I'll go until I can't lift that weight anymore. That is when I am done.

**IM: You break so many widely held rules of training.**

**DLB:** Not many people train with the intensity that I do. One thing people can learn from me is this: Don't be afraid to break rules.

**"THIS IS WHO I AM. I LIFT HEAVY. I DANCE. I AM A WEIRDO. I'VE NEVER STEERED AWAY FROM THAT. I HAVE ALWAYS BEEN BRANDED WITH COMPLETE HONESTY."**

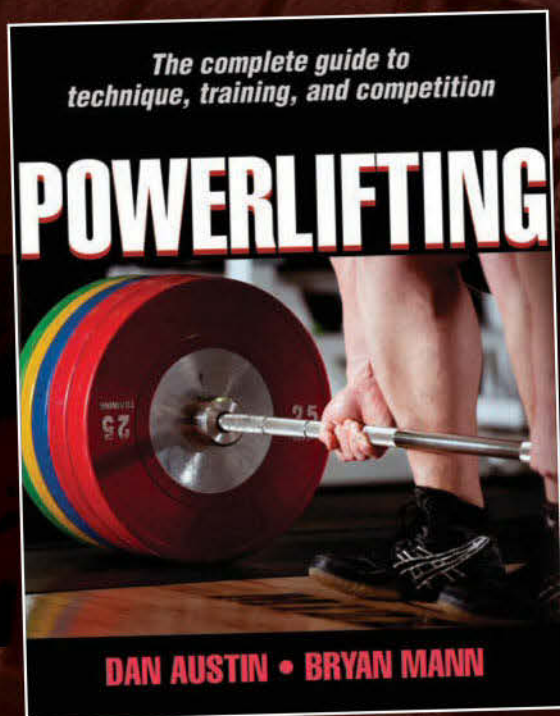


Break guidelines. My whole thing is not paying attention to rules. I go against every rule out there. Most people are like, "I have to be in and out of the gym in an hour otherwise I go catabolic, blah blah blah." Don't be scared of going over

the time limit. There is no time limit. There is no limit to exercises or number of reps. Do as much as you possibly can, with quality. My training sessions are two-and-a-half hours long, and I'm doing pretty well.



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**IM: What's another lesson that people can take away from your training?**

**DLB:** Volume. Lots of volume. Add more volume with supersets and drop sets. Don't be afraid to do more than four working sets. If an exercise is feeling really good, I might do eight to 10 sets of it. Take lateral raises. I do almost 400 reps on the lateral raise machine because I do five quadruple drop sets. Volume. Volume. Volume.

**"BREAK RULES. BREAK GUIDELINES. MY WHOLE THING IS NOT PAYING ATTENTION TO RULES. I GO AGAINST EVERY RULE OUT THERE."**

**IM: What body part do you get the most attention for?**

**DLB:** I usually get the most attention for my shoulders. That's what people have asked me about the most: my delts. I like my back a lot. Back and shoulder is probably the best. My most improved body part would be my legs, though.

**IM: What athletes do you look to for inspiration?**

**DLB:** I feel weird saying this, but I have never seen a girl's body and thought, "I want to look like her." There are girls who I think look fantastic, but I don't look like anybody else. I have never come across someone who looks similar to me. I have a very athletic look, and I am not synthetic in any way, shape or form. I have never looked up to someone based on their body. I have looked up to people in a business aspect.

**IM: Such as whom?**

**DLB:** I look up to someone like Jamie Eason in the way she presents herself. I met her when I wasn't a pro, and I still talk to her now. She has treated me the same way now that she did five years ago. And I saw that as an extremely awesome lesson to take away. I met someone else — I







**"IT IS NOT ABOUT THE MONEY FOR ME. IT IS ABOUT THE PEOPLE. WHEN YOU GIVE BACK TO THE FANS, IT WILL COME BACK TO YOU TWOFOLD."**

would never say her name — and I also base this interaction on how I act today. She was an IFBB pro and I met her at the Nationals in 2011. She was someone I thought I looked up to because she was doing it. She was on the covers of magazines and she was everywhere. But when I met her in person, she completely ignored me. I have always remembered that experience. I never want someone to approach me and feel less than me.

**IM: Is it important for you to give back to your fans?**

**DLB:** We just got back from LA FitExpo. We had a booth, but we didn't bring anything to sell. We went there just to meet people. I don't want to worry about selling stuff. We'll do that on the back end. I want to spend all of my time meeting every single person who came there to see me. It is not about the money for me. It is about the people. When you give back to the fans, it will come back to you twofold.

**IM: What's your diet like?**

**DLB:** Right now it is very strict because I'm getting ready for The Arnold. But when I'm not getting ready for a show, it's not super strict. I don't sit there and measure every ounce of protein. In

the off-season I stick to the same diet I eat now. The portions are just bigger because I like to feel full. That's what I'm missing now, the full factor. I eat very small meals.

**IM: What else is different between your off-season diet and your prep diet?**

**DLB:** In the off-season I'm not focused on the clock. Right now I'm eating every two-and-a-half hours. In the off-season I might go four to five hours without eating, and I'll go out to eat more. I'll still order something clean like an egg-white omelette or some chicken and vegetables, but then I allow myself a cookie. The biggest thing with me is that I train and do cardio year-round and I keep a consistent diet year-round. My biggest thing is consistency.

**IM: Is that how you have abs year-round?**

**DLB:** That goes with everything. I am consistent with my training, cardio and diet. You have to be consistent with all those things to have abs year-round.

**IM: Do you count macros?**

**DLB:** I just focus on portions. Right now I do about four ounces (113g)

of protein, a cup of rice and a cup of vegetables. I don't do the whole adding and subtracting macro-shmacros. I do a low-fat, high-carb diet. I know a lot of girls are very scared about carbs, but carbs are my friend. I feel like I eat more carbs than protein.

**IM: What supplements do you currently take?**

**DLB:** I take a lot of vitamin C because I travel so much and meet so many people. I take a multivitamin, vitamin D, BCAAs pre-workout and post-workout, and hydrolysed whey isolate protein post-workout. That's the only time I do a protein shake. I also take five grams of creatine post-workout and L-carnitine in the morning.

**IM: Tell me about your clothing line, Flag Nor Fail.**

**DLB:** We have done well in the fitness community, but we are trying to branch out. What people don't realise is that we are not just a fitness brand. We are more of a lifestyle brand. We are involved in so many things besides fitness. We are involved in car scenes and off-road and skating. We will be doing a lot of drift events and racing events this year. ■

# TWO NEW PRODUCTS



**T**hese two new International Protein products have been formulated to work together to provide you with the most effective and rapid recovery from high intensity training and competition.

When it comes to recovery, the quicker you can start the process, the faster your recovery. As an athlete, you know the importance of a rapid recovery, especially when multiple training sessions are part of your daily routine. Being able to perform at your best is critical, so you need products to help support you.

Amino Recovery contains a blend of natural fermented L-glutamine, branched chain amino acids (BCAAs) and PeptoPro hydrolysed casein, providing a full spectrum of micronutrients critical to muscle recovery.

PeptoPro is pre-digested, with more than 60 per cent di- and tri-peptides for instant delivery, even under heavy training conditions. These pre-digested peptides allow you to use Amino Recovery during

a workout or competition without suffering stomach cramps.

Substantial human clinical studies show that PeptoPro can improve endurance, reduce muscle soreness, deliver faster recovery and increase muscle growth.

Amino Recovery is also available in single-serve sachets for extra convenience. Easy to use and store, throw a few in your gym bag today.

Once the workout is over, a more substantial protein is required, but one that still absorbs quickly to continue the recovery process.

Dubbed 'advanced amino recovery technology', Amino Charged WPI is a blend of highest quality cross-flow micro-filtered WPI and whey peptides, boosted to the maximum legal amounts of natural L-glutamine and L-arginine.

With 35g of high quality protein per 40g serve, Amino Charged WPI is one of the highest protein, lowest fat, lowest carbohydrates and sugar (lactose) products available for athletes today. The WPI in Amino

Charged WPI is naturally high in bioactive peptides for muscle tissue synthesis and immunoglobulin proteins for immune system support. This nutrient-packed protein contains the highest concentration (24-25 per cent) of branched chain amino acids (BCAAs), especially leucine, of any protein source. This product is best used immediately after your workout to ensure the recovery process initiated by the Amino Recovery continues, leaving you ready for the next session. ■



## AMINO CHARGED WPI

With 35g of high quality whey protein per 40g serve, Amino Charged WPI is the most delicious 'why' to boost protein nutrition and recharge your system every day. Whey protein isolate boosted with natural whey peptides and super-charged with the maximum legal amounts of L-glutamine and L-arginine.

### CLAIMS

- Advanced amino recovery technology
- WPI plus whey peptides
- Added glutamine and arginine
- Stabiliser free for rapid absorption

**Flavours:** Chocolate, Vanilla, Banana, Cookies & Cream, Strawberry and Turkish Delight

**Sizes:** 1.25kg and 3kg pails, 40g single serve shake 'n' takes



## AMINO RECOVERY

Amino Recovery is an advanced, scientifically formulated, during and post-workout formulation developed to help achieve the fastest recovery possible after intense aerobic or heavy anaerobic training, while still achieving significant muscle synthesis and reduced muscle soreness.

### CLAIMS

- Rapid delivery amino acids and peptides
- Reduced soreness
- Fast recovery
- Muscle synthesis
- During and post-workout formulation
- All natural colours
- No aspartame

**Flavours:** Watermelon and Lemonade

**Sizes:** 320g containers, boxes of 20 x 10.6g single serve sachets





# International Protein

**FOOD FOR GROWTH**

**Amino Acid  
Enhanced Formula**

**AMINO CHARGED  
WPI**

Amino Acid Enhanced Formula

**International Protein**  
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**FOOD FOR GROWTH**

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- Stabiliser Free for Rapid Absorption
- Gluten Free

Chocolate

1.25kg net

Lemonade

**International Protein**  
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- Reduced Soreness
- Fast Recovery
- Muscle Synthesis
- During & Post Workout Formulation

**AMINO RECOVERY**

Amino Peptide Recovery Accelerator

**Advanced Amino Recovery Technology**  
**WPI plus Whey Peptides**  
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**Amino Peptide  
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# Action at the Arnold

Our cameras were out and about at the Arnold Classic Australia 2015. These are just some of the sights we picked up. For heaps more, check out our website [www.ironmanmag.com.au](http://www.ironmanmag.com.au) and [facebook.com/ausironmanmag](https://facebook.com/ausironmanmag). Don't forget to share your own photos from the show using #ausironmanmag.

Photography by Diep Nguyen, Keith Rozario, Darren Burns and Gary Phillips

Ben from Bulk Nutrients with Ultimate Angels Aimee Mills and Alicia Jukes.



Bodybuilding greats Dennis James and Flex Wheeler.



Milos Sarcev and his wife Maja at the IM booth.



Blitz CEO Silvio Morelli with a visitor from Austria.



WFF Mr. Universe Calum von Moger chats to Fit'n'Flexed's Dayne Hudson.



Rich Piana gives us the thumbs-up.



Amanda Doherty poses for a selfie.



IM cover models Melissa Le Man and Sonny Brown.

The view of the expo from above.



Milos Sarcev signs photos for the fans.

American strongman Brian Shaw deadlifts.



Waiting for Arnold to arrive at the IM booth.



Aussie pole champion Andrea Ryff.







Big Josh Lenartowicz with big fan Lou.



Arnold and Jim Lorimer take in the Arnold Martial Arts Festival.



Bikini pro Barbie Heng.

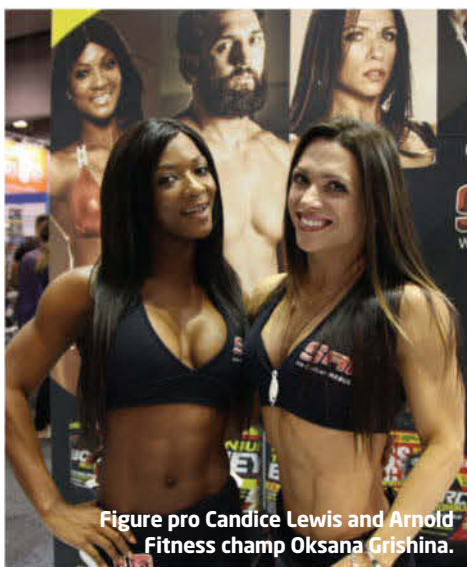


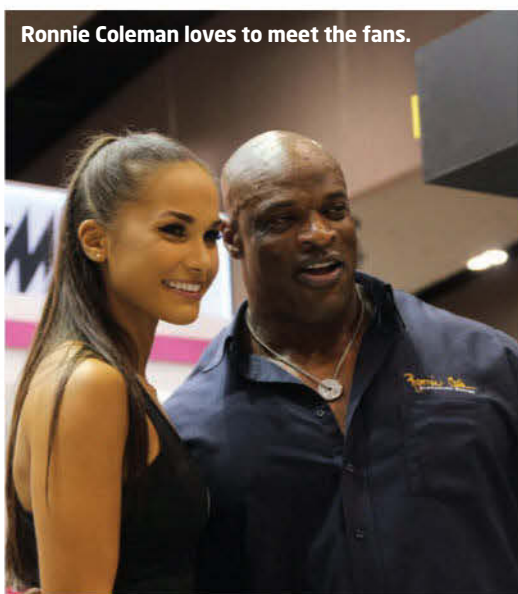
Figure pro Candice Lewis and Arnold Fitness champ Oksana Grishina.



Jay Cutler thinks he has Jeremy Buendia beat in the double biceps pose.



Men's Physique Olympia champion Jeremy Buendia.



Ronnie Coleman loves to meet the fans.



Candice Keene (centre) and Larissa Reis (right) meet the fans.





Scitec athletes Cedric McMillan and Brandon Curry.



Natural champ Nathan Wallace and the Hold Your Own team.



Kevin Levrone and Chris Cormier at the Supergym.



Ronnie's protege Cory Matthews.



Calum von Moger signing for his fans at the IM stand.



Mel Le Man, Amanda Doherty, Sonny Brown and IM ed DH.



Tony Doherty, Arnold and Rafael Santonja at the Arnold press conference.




Some of the Cyborg team.









# 21ST

By Alexander Juan Antonio Cortes  
Photography by Michael Neveux

Shot on location at:  
Dave Fisher's Powerhouse Gym  
Torrance, CA, USA.

# CENTURY

Train your core for  
aesthetics and  
performance by  
using a diversified  
cutting-edge  
training method.

# ABS

ASK MOST GUYS  
IF THEY'D LIKE A  
CUT MIDSECTION  
AND CHISELED  
ABDOMINALS,  
AND THE ANSWER  
WILL ALWAYS BE  
A RESOUNDING  
**"HELL YES!"**

**A**sk them what they think they should do to train their abdominals, though, and there will be a multitude of conflicting answers.

Within the last decade, training abs has become one of the most discussed topics in fitness — and the most confusing. Depending on who's doing the talking, you'll hear that all you need to do is squat and deadlift heavy, or that planks are the best ab exercise ever, or why crunches and sit-ups are the worst.

Even using the word 'abs' has become taboo. The proper term according to 'functional' experts is 'core,' while someone else will say 'trunk' or 'gut' training.

Who's right and who's wrong? Technically, all of them are right, but they are wrong as well. In reality, every kind of approach has merit and is useful. The question is not whether any one exercise is bad or good, but the context in which those exercises are used.

Ready to cut through the BS and find out how you can reap the benefits of every different approach?



## MODERN AB TRAINING

Each week, you will perform a total of three workouts, each one focusing on a different principle. Some movements will improve definition while others are for strength and spinal health. Unique to this system, each workout will consist of only two exercises that are movement 'opposites' of each other. This concept optimises the workout by training dual functions of the target muscles in a supersetting fashion. Progressions and regressions (advanced and simplified options) are included for each exercise. These workouts can be done for six to eight weeks before further variance would be needed.

All exercises are done in a superset fashion, alternating between movements until all sets of the listed pairs have been completed.



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### A BRIEF HISTORY OF ABS

Training the abdominals has existed for as long as humans have engaged in physical activity. Ancient Greece statues from thousands of years ago show men with very defined and muscular stomachs. For as long as people have admired the human form, they have admired muscular bodies with abs.

In modern times, training abs was part of the physical culture in the late 19th and early 20th century, and eventually a major part of bodybuilding. And during past decades it has become pretty straightforward: sit-ups and crunches for the rectus abdominis (the six-pack muscles), twisting movements and side bends for obliques, and some form of leg raises for lower abs.

Starting in the late 1980s, sport science and the study of movement became more prominent and began to heavily influence competitive athletics. From this, the 'functional' training movement started and methods became more scrutinised. In the United States, the concept of functional training turned into a major marketing machine in popular fitness.

## DAY ONE

### Controlled spinal extension/flexion

In this workout, you will be training your glutes, spinal erectors and the transverse abdominis. The first movement will be back extensions, which directly strengthen the attachment points of the deep abdominal muscles as well as the muscles that stabilise your lumbar spine. On the second movement, you will perform the opposing motion by actively using your abs to flex your spine and control your lower body and pelvis.



#### EXPERT TIP

Place your hands behind your head to increase activation of the glutes and spinal erectors. This also increases the resistance placed on your glutes and hamstrings by enhancing the lever load of the movement.



#### 1A BACK EXTENSION VOLUME: THREE SETS OF 15 REPETITIONS

Adjust a hyper bench to a 45-degree angle, with the supporting pad just below your hip bones. Place your feet flat upon the platform and your calves flush against the pad. To begin, place your hands behind your head, and lower your torso by lengthening your hamstrings and glute muscles, not by flexing your spine. Lower down as far as hamstring and glute flexibility allows, and then return to an extended position by flexing these same muscles. Never flex your lower back or hyperextend your spine at the top of the movement. This places unnecessary pressure on vertebral discs and defeats the purpose of the exercise.



**+** **PROGRESSION:** Perform the back extension with a 10- or 25-pound (4.5–11.3 kg) plate held to your chest.

**■** **REGRESSION:** Perform a prone cobra on the floor. Lie face-down, and bring your torso and arms off the floor by activating the spinal erectors in your lower back. Squeeze your shoulder blades together, and turn your hands so your thumbs point toward the ceiling. Keep your head in line with your spine. Your hips and legs stay in contact with the floor. Hold for a three-count and lower back down. Repeat for remaining reps.





One of the primary concepts associated with functional training was training the core. In core training, the aesthetic focus was cast aside. Instead, the focus was on the function of the 'deep' core muscles, specifically the transverse abdominis (the muscle underneath the six-pack and obliques). This muscle was thought to be the key to athleticism and true strength.

With this movement came planks, anti-rotation presses, and farmer's walks. Even further, it was advised that doing any kind of sit-up or crunch was not only unnecessary, but also downright dangerous. Even further, as strength sports like powerlifting grew in popularity, the idea of training abs at all was done away with completely. Simply squatting and deadlifting was enough.

The result? Everyone got awesome at planking and holding their core really still, and everyone avoided taking their shirts off because they didn't have any abs to show for it.



#### EXPERT TIP

Activating your pelvic-floor muscles (the muscles that you feel when urinating) increases the contraction in the lower-abdominal attachments. The abdominal muscles are primarily slow-twitch fibre, and training them with a controlled tempo is more effective for contraction than going fast.



#### 1B CONTROLLED LEG RAISE

Begin by placing your back flush against the pad and pressing down through your elbows into the armrests. Using zero momentum, lift your legs with bent knees. Raise your legs high, with your knees coming as close to chin height as possible. If done with straight legs, raise as far above 90 degrees as possible. Slowly lower your legs in a controlled four-second count. For this exercise, the quality of the reps counts far more than quantity.

**REGRESSION:** With your hands under your hips, perform a supine leg raise on the floor.

**+** **PROGRESSION:** Perform a hanging leg raise from a pull-up bar.



## DAY TWO

## Spinal/core stabilisation and anti-lateral flexion

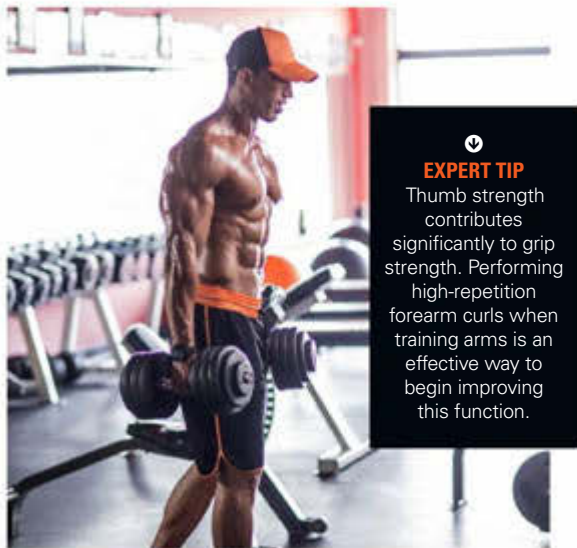
This workout will train the entire abdominal wall's ability to hold a sustained isometric contraction, while also directly training the oblique muscles to control rotation and lateral flexion.

### 1A FARMER'S WALK

**VOLUME: THREE SETS X 60 SECONDS FOR MAXIMUM DISTANCE**

Select a pair of dumbbells that are about one-third of your body weight. Using a full grip, begin walking with them for as far as possible before your grip fatigues. Maintain your posture while walking, and refrain from letting your shoulders round and your arms drift forward. Once your grip has fatigued, set weights down and proceed immediately to the second exercise.

**+ PROGRESSION:** Work up to carrying half of your body weight or more in each hand when walking.

**EXPERT TIP**

Thumb strength contributes significantly to grip strength. Performing high-repetition forearm curls when training arms is an effective way to begin improving this function.



**- REGRESSION:** Perform with one hand at a time if grip strength and postural stability is an issue.

### 1B ALTERNATING CRUNCH (AKA BICYCLE CRUNCH)

**VOLUME: THREE SETS X 20 REPETITIONS PER SIDE**

Get in a prone position on the floor, hands behind your head. Begin by crunching and rotating your torso. As you twist and lift your trunk, bring your opposing knee toward your chest. Touch opposite elbow to opposite knee. Perform each rep on a quick but controlled tempo.

**+ PROGRESSION:** Perform rotational sit-outs. Start with your body in a push-up position, with feet and hands shoulder-width apart. Under control, take one leg and sweep it underneath your body, rotating so that you are almost in a seated position with your opposing hand and foot supporting your weight. The hand opposite your sweeping leg reaches for the ceiling. Alternate sides for six to 12 reps.

**- REGRESSION:**

Perform single-side McGill sit-ups. Lie in a supine position, with hands behind your head. On the working side, bring your knee up, with your foot flat on the floor and as close to your glute as possible. Extend your non-working leg. Breathe out and perform a crunch by visualising the 'row' of abs on your working side contracting. Perform the crunches and actively feel the muscles lengthen and shorten during the movement.

**EXPERT TIP**

Fully touching your knee to your elbow will elicit a more powerful contraction than a partial rep.





## AB TRAINING REDEFINED

So who was right and wrong in all of this? Everyone and no one. What every trend failed to account for is the context in which someone needs to train their abdominals.

Contrary to trends, there is no such thing as right and wrong in fitness. There is only more optimal or less optimal, depending on the training goal. And there is a way to combine different training approaches and make them effective.

For abdominal training, that means a threefold approach is utilised for maximum benefit. Your abdominals will be trained for optimal definition, strength and functionality.

## DAY THREE

## Spinal stabilisation and anti-flexion/extension

The focus here is on maintaining a stabilised spine without losing control. First, you will be contracting the rectus abdominis and transverse abdominis isometrically to stay stabilised. In the second movement, you will be practising controlled flexion of the rectus abdominis while maintaining a neutral position.

### BODY SAW ON STABILITY BALL

**VOLUME: THREE SETS X 30 REPETITIONS**

Using a medium or large stability ball, interlock the hands together and set the feet shoulder-width apart. Place your forearms on the ball and press down. You should be in a plank position. Slightly bring

your arms forward and back, increasing the lever length each time and increasing stress upon your abdominals.

**PROGRESSION:** Perform clockwise and counterclockwise circles with your forearms firmly on the ball.



### EXPERT TIP

Squeeze your glutes and flex your lower abs to keep the body stable while performing the exercise.

**REGRESSION:** Perform a hardstyle floor plank (toes and forearms on the ground) to develop the strength necessary to plank on the stability ball.





#### ▼ EXPERT TIP

Initially, a neutral spine will be difficult to maintain and you may only go down a few degrees, but over time, as the abs get stronger, the range of motion will increase. Breathing out on every rep during the eccentric (lowering) phase will improve the strength of the contraction.

## THE TRIPLE-TIERED ABDOMINAL WORKOUT

Your abs perform three distinct functions. First, and most important, your abs stabilise your spine. Your spinal stability is the foremost function of your abdominal muscles that all others come from. Before you can begin to move athletically, or even walk and crawl, the muscles in your torso have to be strong enough to keep your spine stable.

Second, and carrying over from spinal stability, your abs keep your torso upright and stiff while moving. This principle is referred to as 'anti-movement'. During athletic movement, your abs are not designed to fold you over in half, they are structured in such a way as to keep your torso rigid and transfer force from the upper and lower limbs. These 'anti-motion' movements are often pushed by functional training.

Third, your abdominal area is actually capable of movement. You can flex, extend and twist side to side. These are the movements that bodybuilders have classically used for decades to develop their abdominal definition.

By using exercises that improve these three areas, you can develop a truly powerful and amazingly aesthetic core.



**■ REGRESSION:** Perform a full sit-up from a supine position on the floor with legs straight.



### 1B DECLINE BODY WEIGHT CRUNCH

**VOLUME: THREE SETS OF 10 REPETITIONS**

On a decline sit-up board, set the angle anywhere from negative-10 to negative-45 degrees. The steeper the angle, the more difficult the movement. Start upright in a fully seated position with a neutral spine,

with feet locked firmly in the footrests. With your hands behind your head, hinge from the waist and slowly lower your entire torso down in one piece, maintaining a neutral spine position. Lower your body down until the natural lumbar curve is difficult to maintain, then return to the starting upright position

with control. Your spine should not deviate from neutral during the movement.

**■ PROGRESSION:** Perform a weighted crunch with a 10- or 25-pound (4.5–11.3 kg) plate held at chest level. ■

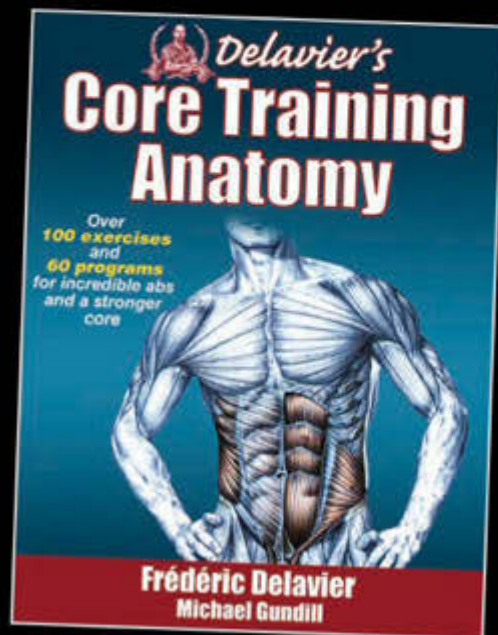


# Get RIPPED

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# Muscle movie news

By Clint Morris

## NEW POSTER



### SPECTRE

Sony Pictures Releasing have just sent over a photo of a middle-aged man in a skivvy. Not quite sure why. Oh, right! That's the teaser poster for the new James Bond film *Spectre*. Hmm.



### TRANSPORTED AGAIN

The new *Transporter* movie, previously titled *The Transporter Legacy*, has been retitled *The Transporter: Refueled*. Thank god, that *Legacy* title sucked. Not that it probably matters what they call this one, with Jason Statham not in it, it's going to have its work cut out for it finding an audience anyway.

## NEW POSTER

### SAN ANDREAS

Meanwhile, Roadshow popped over the poster for Dwayne 'The Rock' Johnson's latest, *San Andreas*. Brad Peyton directs the film, which follows a search and rescue helicopter pilot (Johnson) and his estranged wife as they make their way from Los Angeles to San Francisco to save their only daughter in the midst of a magnitude-nine earthquake. But their treacherous journey north is only the beginning, and when they think the worst may be over...it's just getting started.



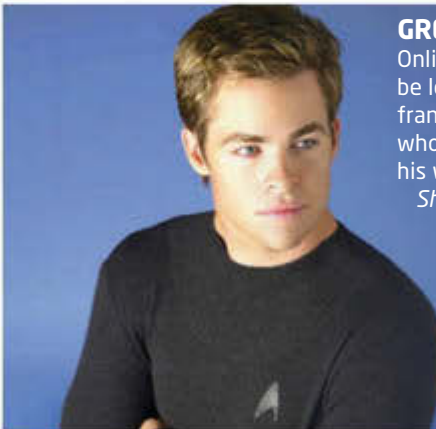
### EVEN IF THE MOVIE ISN'T FANTASTIC...

Comic book fans went a little nutty when the first pics from the new *Fantastic Four* movie showed the titular foursome attired in costumes that looked nothing like the comic versions. Fear not, kids, according to star Miles Teller, we will get to see the traditional '4' logo costumes in the upcoming movie. "These are the beta versions of the costumes, which is great," he told Screen Crush. "It would be very odd if the *Fantastic Four* didn't don the traditional costumes. You've got to. There is some servicing there. You've got to give that to the fans. That's what it's all about." Sounds like the film will conclude with the big reveal...what do you think?



### GREEN PINE

Online chatter suggests Warner might again be looking to revive the *Green Lantern* franchise. Chris Pine – the *Star Trek* star who near had a second franchise to solidify his working future with until *Jack Ryan: Shadow Recruit* tanked like an Aussie comedy – is reportedly in contention to play Hal Jordan in the upcoming big screen relaunch of the comic book property. It'll be a multi-pic deal for Pine if he takes it, with solo movies and a Justice League movie or two (or three) all part of the package.





## CELL OUTS

They got to reunite for a couple of recent eps of *The Flash*, but now Dominic Purcell and Wentworth Miller are full-time colleagues again. Purcell is joining his old *Prison Break* comrade for the recently announced *Flash/Arrow* spin-off. Australian Purcell reprises his role as the villainous Heatwave, opposite Miller's Captain Cold. As opposed to both *The Flash* and *Arrow*, which fix on the singular heroes of each series, the new series will be an ensemble that features a group of good guys and bad guys. Among those already cast are Caity Lotz, Victor Garber and Brandon Routh. Producer Greg Berlanti tells *Variety* that there'll also be another superheroine on the show. "I think it's really important that we have another female hero on the show, and this one is really exciting," he said. "I can't wait for people to find out – we just have to cast it right, as always. And then you want that Rat Pack-y kind of vibe of all this crew hanging out, as disparate and as different as they are."



## MACHETE TO SLASH VAMPIRES

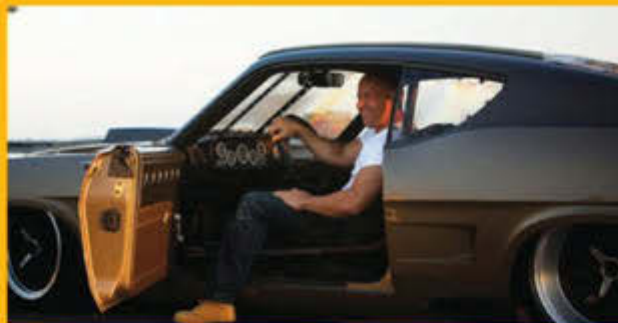
Danny 'Machete' Trejo is reuniting with old buddy and constant collaborator Robert Rodriguez on *From Dusk Till Dawn: The Series*. Trejo will play a different role to the one he played in the *From Dusk Till Dawn* films. Trejo has been cast in the roll of 'The Regulator', a horrifying agent of evil who has been summoned to perform a deadly errand.

## AT THE CINEMA

### FURIOUS 7 (Universal)

Unfortunately we don't get to see the (reportedly) final instalment (we don't believe it!) in the *Fast and the Furious* franchise until opening weekend, so we'll just have to assume this is going to be on par with the wildly ridiculous but exceedingly fun *Fast & Furious 6*. Sure, it's going to be hard to watch the film, seeing Paul Walker up there for the last time as Brian O'Conner, and not flashback to that horrible accident that claimed his life in 2013, but from all accounts (and early reviews) Aussie director James Wan has done a terrific job of paying tribute to the film's fallen star, while nicely wrapping up O'Conner's storyline. Highlights in the movie – judging by the various trailers, clips and TV spots that have been released – would seem to be Vin Diesel driving a car through the window of one skyscraper, only to crash through the window of another; the team driving their cars out the back of an aeroplane – complete with parachutes attached, of course; the fight scenes involving Vin Diesel and bad guy Jason Statham

[Or the Rock giving Statham a 'rock bottom', his signature WWE move, through a glass coffee table – Ed]; and any scene featuring the king of cool Kurt Russell, whose character still remains something of a mystery. By the time you read this, the film will be out and based on what you're hearing, you'll know whether our assumption that it's gonna rock was on the money.



### FIFTY SHADES OF GREY (Sony Universal)

What started out as *Twilight* fan-fiction is now one of the most famous bestsellers in the world. The film, though not half as racy as the hardcover (er, from what we hear), is about as deep as you'd expect from something that was initially designed to be a sex yarn between a vampire and an introverted human – but hey, it's a good-looking production with a couple of capable actors (Dakota Johnson, Jamie Dornan) doing their best not to be seen too cherry-faced in the rather spicy sex scenes that are littered throughout, so we can't fault it too much.

Worth a peek for a peep, but if you want substance, tune into talk radio on a weeknight [What? – Ed].

## AT THE DVD STORE

### GALLIPOLI (Roadshow)

Channel Nine do a darn fine job of retelling the Gallipoli story – was Peter Weir's 1981 film the last time we visited that bloody beach? *[There's also Foxtel's Deadline Gallipoli to screen this year too – Ed]*

This one's complete with all-star Aussie cast (Lachy Hulme, Damon Gameau, Matt Nable, Lincoln Lewis, Dan Wyllie, Grant Bowler), and some power-packed storylines – on and off the battlefield. Over eight hours, we watch stories like the one that opens the series, with Thomas 'Tolly' Johnson (Kodi Smit-McPhee) and several others, including his brother Bevan (Harry Greenwood), hitting the sand and face the seemingly impenetrable enemy. Yalin Ozuclik is perfectly menacing and memorable as Turkish Colonel Mustafa Kemal.



### ASK ME ANYTHING (Roadshow)

An interesting comedy/drama/thriller hybrid fronted by up-and-comer Britt Robertson (*Tomorrowland*). Kate (Robertson) is bored with her life, which consists mostly of working at the local bookstore and smoking drugs with her boyfriend Dan. To spice things up, she decides she's going to seduce the film professor (Justin Long) at the local college. Intrigued by her new beau, and the world of sexual escapades he introduces her to, Katie begins to write about her spicy new adventures in a blog. When her drunk dad (Robert Patrick) is hurt in a serious accident, and boyfriend Dan stops talking to her, Katie begins to question recent decisions. A saucier version of *Easy A*, if you will.



### THE SALVATION (MADMAN)

The always-good Mads Mikkelsen stars in this mixed-bag revenge western. The *Hannibal* actor plays Jon, a Danish immigrant building a life in the American west with his brother (Mikael Persbrandt). Jon's wife and young son come to town, but the family reunion is short lived when violent drunken galoots kill the woman and boy. With rifle at side and revenge on his mind, Jon sets off after the men and kills them. But that's far from the end: Delarue (Jeffrey Dean Morgan), the brother of one of the dead, won't excuse anyone from killing his brother and orders the townspeople to take the immigrant and his brother out.



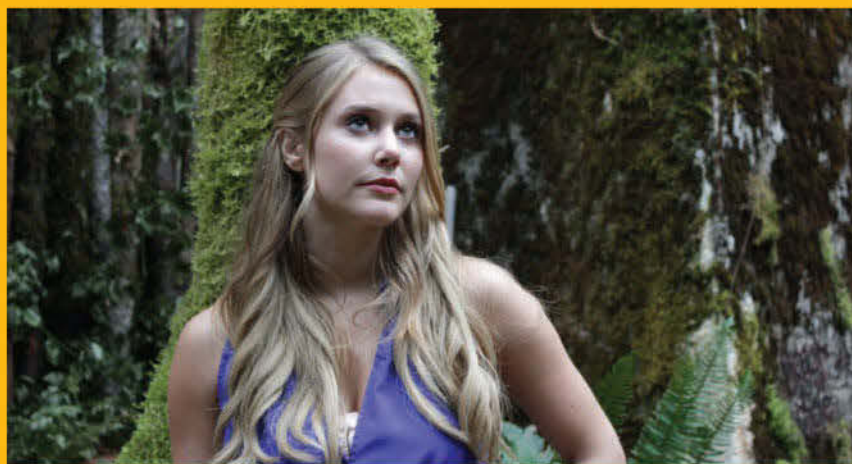
### LAST KNIGHTS (TBC)

This one was shelved for two years – and it's clear why. Clive Owen plays Raiden, a fallen warrior who decides to go after a crooked ruler to avenge his dishonoured mother. With a few friends aiding him on his mission, Raiden sets his sights on stopping the rogue's run of terror forever. Trying to play off the success of *Game of Thrones*, Kazuaki Kiriya's film instead plays more like the over-the-top snorefest that was *47 Ronin*.



### MINE GAMES (Madman)

A clever script that flips the *Goonies* template on its head results in a tense and very entertaining psychological thriller from Aussie director/co-writer Richard Gray (*Blinder*). The flick fixes on a group of friends, excited to be escaping the city for a change of scenery (*Twin Peaks* country: Snoqualmie, Washington), who upon arriving at their holiday cabin go snooping and find an abandoned mine. Curious to have a looksee within, they end up getting more than they bargained for. The film's coolness is attributed largely to some of the great twists that Gray has planted throughout the movie.



### EVERLY (Roadshow)

Salma Hayek goes John McClane here, playing the lone hero trapped in a confined space and forced to take on a seemingly never-ending succession of bad guys. And, like *Die Hard*, it's also set at Christmas.

Kidnapped four years earlier and forced into prostitution by a nasty named Lord Taiko (Hiroyuki Watanabe), Everly (Hayek) is working with the cops to bring the culprit down. Getting wind of the operation, Taiko orders a group of assassins to terminate her. Confined to her apartment and the hallways around it, the energetic Everly fights off everyone from murderous hookers dressed as schoolgirls to ferocious torturers. With a nice dose of sentiment and sweetness thrown in (it worked for *Die Hard* too), Everly results in being good fun. ■



# Troubleshooting **Q&A**

This month, Ingrid provides two shoulder workouts to really destroy your delts from all angles, as well as giving her opinion on posing between sets and the virtue of a cheat meal.

By Ingrid Barclay • Photography by Michael Neveux

**Q: Ingrid, can you please provide me with a couple of shoulder workouts? My shoulder training is feeling stagnant and I don't seem to be improving much on the weight I can lift.**

**A:** Sure thing. Here's two workouts.

## **SHOULDER WORKOUT 1: The pre-exhaust routine**

I don't normally prescribe too much pre-exhaust but it is a useful strategy and will give you a real chance to rekindle the mind-muscle connection. So we are going to start with isolation

exercises. Concentrating on purposeful recruitment of the particular muscle one is intending to work more effectively targets that muscle!

### **EXERCISE 1: Superset incline DB lateral raise/standing DB lateral raise, 3 sets of 12**

Start with a weight you can handle for 12 reps with an incline dumbbell lat raise. Do it until failure and keep near perfect technique. Emphasise the stretch at the bottom of the movement. After failure is reached, immediately do the same weights to

failure on the standing DB lat raise. Hold the contracted position for one second. Reduce weight 20 per cent each set and rest is about 90-120 seconds between supersets.

### **EXERCISE 2: Reverse DB flies, 3 sets of 15**

Emphasise technique. Do each set with as much weight as possible, but keeping in mind that range of motion is more important than the weight being used. Torso should be parallel to the floor. Hold the top contracted position for half a second, rest 75 seconds between sets.



**When performing reverse flies, your torso should be parallel to the floor.**





When you've hit failure, crank out some partial-range pulses at the bottom or top of the movement.

### **EXERCISE 3: Front DB raise, 2 sets of 12**

Start with a weight you can do 12 reps for and hold the top position for half a second. These two working sets should be heavy with good technique.

### **EXERCISE 4: Face pulls, 3 sets of 12-15**

These hit rear delts like nothing else. By helping to offset all that horizontal and vertical pressing, the face pull can rejuvenate your lifting (or at least pressing) career while conditioning the rear delts, rhomboids and external rotators. Do three sets of 12-15 with full ROM. Try a deliberate two-to-three second pause at the end range of motion if you're struggling to feel them in your delts. Go just shy of failure. Your delts should ache, not the joints. Your weight shouldn't have to be heavy in order to feel these.

There are several face-pull variations. I like them seated on a cable row machine. Find the best variation for you. Just remember to keep your elbows high.

**Tip:** If you train back the day after delts, that's a great time to throw

these in at the end. Doing delts the day before a back day won't interfere with your back workout. Plus if you hit delts again slightly on back day, you won't need to worry about hitting the same muscle group two days in a row. Doing so can actually have a beneficial effect on hypertrophy.

Don't neglect face pulls because they'll help keep your shoulders healthy, and you'll need healthy shoulders in order to continue training delts hard enough to get them to grow – which is exactly what will take them from stubborn to stunning.

### **EXERCISE 5: Standing overhead press, 3 sets of 6**

In the overhead press, you will be fatigued, but still go as heavy as possible, and rest two minutes between sets.

### **SHOULDER WORKOUT 2: Dedicated delt day**

The following workout is meant to be done on a dedicated delt day. This is a very strenuous specialisation program performed ONCE a week.

### **EXERCISE 1: Seated military press, 4 sets of 10-15**

We are going to use the seated military press to get your shoulders primed for the rest of the workout. Pick a weight that's heavy enough to engage your delts. Crack out 10-15 smooth reps. If you can do much more than that with ease, then your warm-up weight is

**This is a very strenuous specialisation program performed ONCE a week.**

too light. Go heavier. You should feel tension in the delts even with your warm-up weight. Now I want you to pyramid your way up in weight and down in repetitions for four working sets. On your last set you should only be able to get out between four-to-seven reps. If you can do more, you didn't go heavy enough.

## **EXERCISE 2: Drop set and superset: rear delt flye and front DB raise**

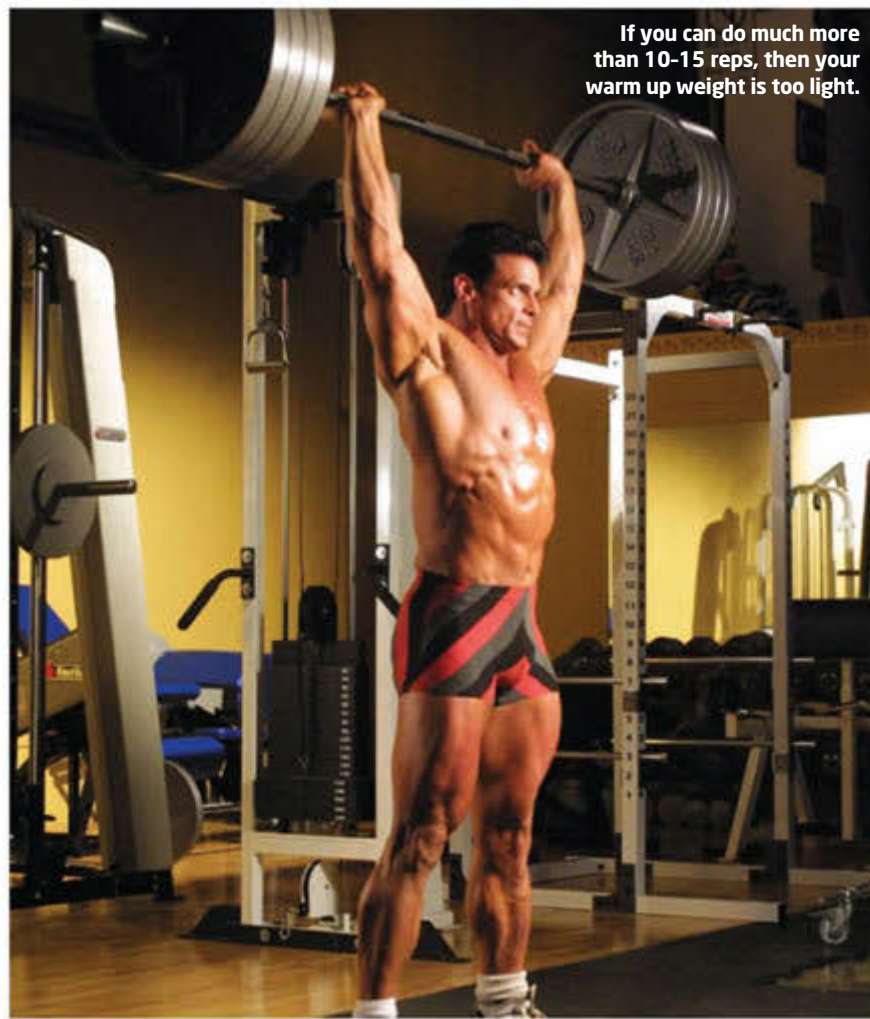
Set a bench at an incline so that when you lay against it (facing it) your arms will dangle in front of your body. Grab three sets of dumbbells: heavy, medium, light. For our volume goals here, 'heavy' means you can get 12-15 strict reps with that weight.

1. Start with rear delt flyes using your heavy dumbbells. When you hit failure around the 12-15 rep mark, pause a moment.
2. Without dropping the weight, do as many bottom-position partial reps as you can. You can do these partials using momentum as long as you feel the delts working. If you're struggling to feel the delts working, try straightening the elbows or tweak your wrists.
3. Without resting, grab your medium dumbbells and do another set of rear delt flyes. Once again, as you begin to fatigue, move to the partial-rep swings.
4. Without resting, grab the light dumbbells and do another set.
5. Then get up, grab your dumbbells and do 10 front raises. Bring the dumbbells to eye level. Make sure you lower the weight – don't let gravity take it.
6. Repeat the whole thing from heavy to light twice more. You may need to bend or straighten your elbows a bit, reposition your hands or alter the angle of dumbbells to get tension in the right place. Tweak your form mid-set if you're not feeling it.

**When you've hit failure, crank out some partial-range pulses at the bottom or top of the movement. Then move to the lateral raises without rest.**

## **EXERCISE 3: Compound set: Reverse cable flye/lateral raise/front raise**

This is another great way to hit all three delt heads. If you'd prefer to use the cables for the second two exercises and make them cable lateral raises and cable front raises, feel free. I prefer



**If you can do much more than 10-15 reps, then your warm up weight is too light.**





There are several correct variations of lateral raises. Choose what feels best for you, joint health-wise and mind-muscle connection-wise.

dumbbells just because it's faster to pick up dumbbells than it is to readjust cables. Don't worry if your dumbbells for this compound set have to be light – your delts should be feeling worked at this point.

**For the reverse cable flies:** 10-15 reps, fast and controlled concentric. When you've hit failure, crank out some partial-range pulses at the bottom or top of the movement. Then move to the lateral raises without rest.

**For the lateral raises:** 10-15 reps. There are several correct variations of these. Choose what feels best for you, joint health-wise and mind-muscle connection-wise.

**For alternating front raises:** Again, 10-15 reps. Try to keep tension in the delt that's not being raised.

Do three rounds of this compound set and you're done – there should be nothing left in your tank.

**Q: What are your thoughts of posing and flexing in between sets?**

A: This is a very good question. For years I have gotten my clients during comp prep to flex and pose in between sets to get them harder – and also to practise and refine their posing. So it's a win-win. Gearing up to compete myself, I have been doing this a lot in every single training session. Of course, the great Arnold Schwarzenegger believed that by



Many bodybuilders, including Arnold Schwarzenegger, believe that posing contributes to greater muscular development and even enhanced ability to lift the iron.

constantly posing he was doing much more than enhancing his stage presence. He believed that posing contributed to greater muscular development and even enhanced his ability to lift the iron. Schwarzenegger posed in between workouts, between sets and pretty much any time he wasn't lifting. Author of the book *Supertraining* Dr. Mel Siff refers to posing as 'load-less training' and Russians strength trainers have used load-less training to strengthen muscles and connective tissue.

Posing can help develop a better mind-muscle connection. Including posing habitually in one's training regime will allow the more efficient contraction of muscles with maximal force; furthermore, what is called 'muscle intention' or purposefully contracting the muscle you are training will be enhanced by posing. So, in short, I am a fan and yes, I would incorporate it into your training by either doing some posing and flexing in between sets or leaving 10 minutes at the end to flex and pose the body parts you have just trained.



Posing between sets can help develop a better mind-muscle connection.



As part of a 'balanced approach' to life in general, a free meal is perfectly acceptable. It still means you are living the lifestyle.

**Q: I've cleaned up my eating in the past few months and haven't had any 'cheat' days. What are your thoughts on re-feeds/cheat days?**

**A:** I think the answer depends entirely on where you are at with your goals. Simply put, if you are in a phase whereby you are trying to have really low skinfolds, then here are my initial thoughts: If you spend six days eating strict, generally on a diet 300-500 calories under maintenance to lose weight, you're 1800-3000 negative for the week. How many calories can you eat in one cheat meal or cheat day? If you are a male, then easily 2000-5000

without even thinking. So all your hard work through the week has just been wasted. Try a controlled free food maybe, taking your daily intake at most 200-300 calories over your target. However, if you are in a phase where you are trying to add muscle or you aren't quite as concerned with your body fat and skinfolds, then I think as part of a 'balanced approach' to life in general, a free meal is perfectly acceptable. It still means you are living the lifestyle.

Food is a part of life and a most enjoyable pastime – we socialise with others around food. So having some

useful affirmations about food is really important for both balance and long-term success. An affirmation such as, "It's okay to eat for enjoyment or social reasons if I do it consciously and mindfully – and I stay within the compliance rules and quantity limits I set for myself in advance," is really useful. Similarly, "If I set a compliance rule for myself, then there is no such thing as a forbidden food. As long as I eat only small amounts, I can still be healthy, develop a great physique and enjoy my fave foods in moderation," is also a good one. If you are gearing up for a photo shoot, a competition or a big day such as a wedding then something like, "If I want better results faster, I realise that I may need to tighten up my nutritional compliance and I am willing to do it if that's what it takes," would be a good approach to have. ■



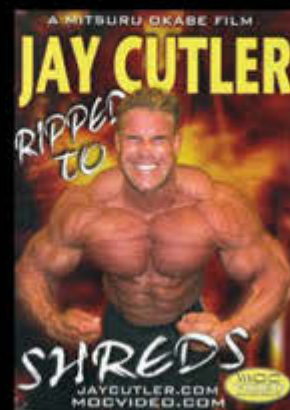
*Ingrid Barclay is the owner of Body Conquest, an elite personal training service specialising in contest preparation for men and women. Ingrid is a Master Trainer of more than two decades, the author of Go Figure and a NABBA/WFF judge who has helped numerous competitors to compete at their very best. Ingrid can be contacted on 0424 180 093 or through [ingrid@bodyconquest.com.au](mailto:ingrid@bodyconquest.com.au)*



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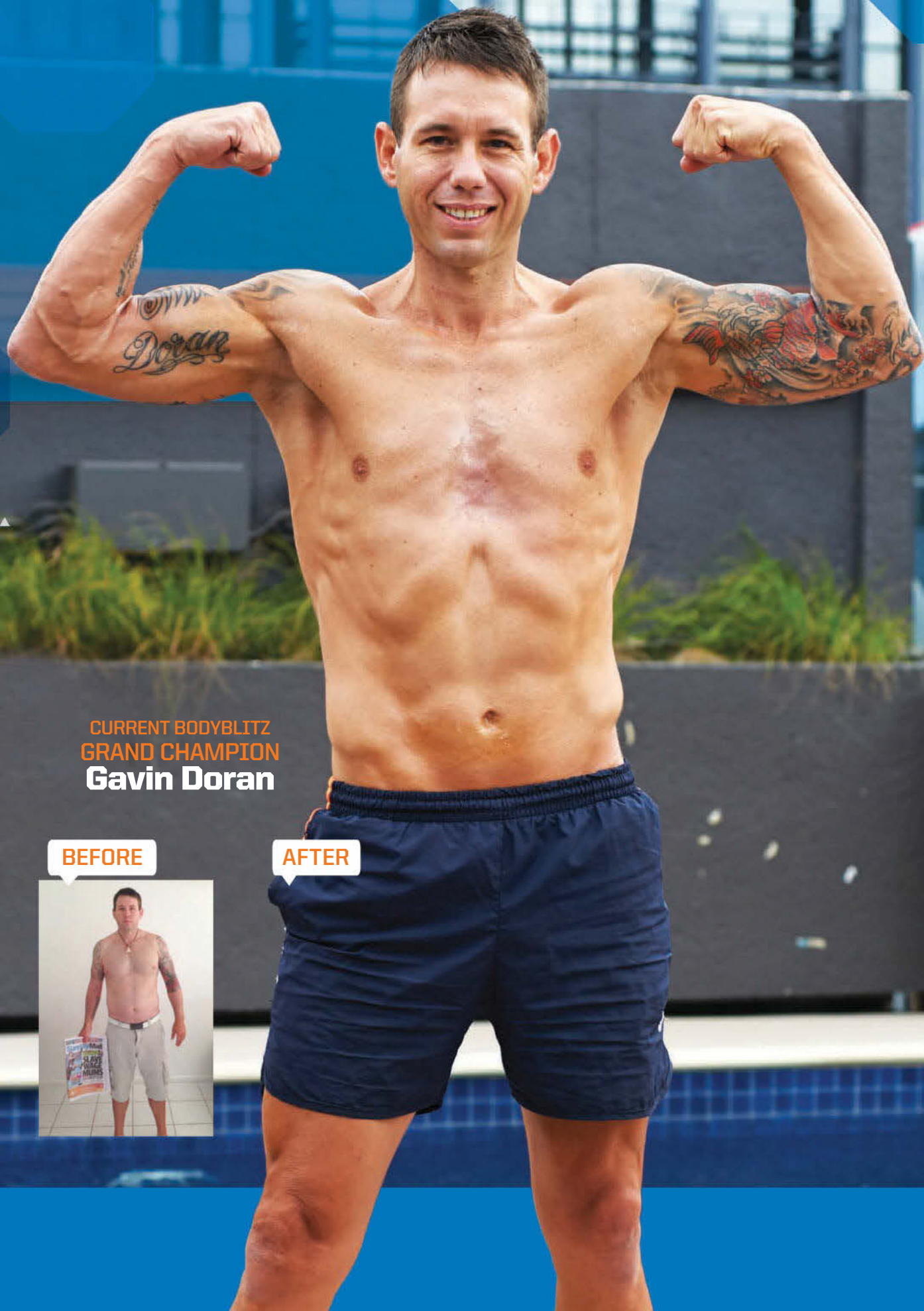


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BEFORE



AFTER





Charlie Suriano



# Emma

## **How did you come to be in the calendar?**

Well, I am lucky enough to be able to call Charlie Suriano my friend, so when I heard he was shooting for the calendar, I was very keen to try again! I actually featured in the calendar a few years ago, so I was very lucky to be able to be involved again. I have a completely different look to last time as you can see if you keep your calendars, so I'm sure that helped.

## **Where do you hail from?**

Perth, Western Australia. My favourite city and lucky enough to call this beautiful place home.

## **What did you want to be when you grew up?**

Well, when I was young I was interested in so many things, I was never really committed to just one! I'm studying personal training now so that is what I will be doing.

## **What is your relationship to the fitness industry?**

I actually met my coach through an event I was running and from then there has been no looking back. I have absolutely fallen in love with health and fitness and strive to make it my profession. I am in my third year competing, a sponsored athlete and an ambassador for companies such as Creative Bikinis, who make all my suits, Tan HQ and ANB WA.

## **You obviously keep yourself in great shape. Tell us about your fitness routine.**

As I am now a sponsored athlete at Shredded Strength Institute, I am

provided with new training programs every month, which keep me in great shape! My programs are absolutely amazing, so I am growing and changing every month.

## **What's your favourite exercise?**

All of them [Laughs]! Seriously, I really love my training.

## **What's your least favourite exercise?**

I don't really have any – I'll give it a go or try to improve.

## **Do you prefer weights or cardio or do you change it up?**

Weights! I play netball for fun and that's the only cardio I've ever done.

## **Have you ever competed or considered competing in a bodybuilding/fitness comp?**

I certainly have! I compete in ANB (Australian Natural Bodybuilding). I'm actually prepping for one right now, seven weeks to go – #teamemma!

## **Do you have a nutrition plan?**

My coach does all my nutrition and training programs. She tailors them to my needs at the time and she isn't too strict; we set goals and she gets me there – it's a team effort.

## **Do you use supplements?**

I do, yes – only the basics. I'm not really into stims or artificial crap. I'm actually all over a new company at the moment, loving their magnesium before bed. I am a sucker for a good night's sleep

## **What is your favourite male body part?**

I have a few [laughs]. I love chest, shoulders and great legs – don't skip leg day, gents!

## **What is your own body part that you like the best?**

I don't really have a favourite for myself. I give them all equal attention.

## **What advice would you give to someone wanting to start out in the modelling and fitness industry?**

Find a great coach and build your dreams slowly. Look into everything yourself, talk to people, take your time. It's the same with modelling. Ask some questions and do your research. A great portfolio will set you up.

## **When you get the opportunity to have some time to yourself, what do you usually get up to?**

I love dinners. A great dinner or lunch or even breakfast. Catching up with friends and family over food is the best! That way you also get to dress up, which I also enjoy, as I live in gym clothes!

## **Who is the person you admire most from the fitness world? Who is your hero?**

The people I admire the most are Marty and Kelly from Shredded. They have an amazing team of dedicated professionals there helping people achieve goals day in, day out! I don't have one actual hero as such. My heroes are the everyday people who get up and give it a go no matter what their situation. They are my heroes and they are the people I hope to be helping one day myself. ■



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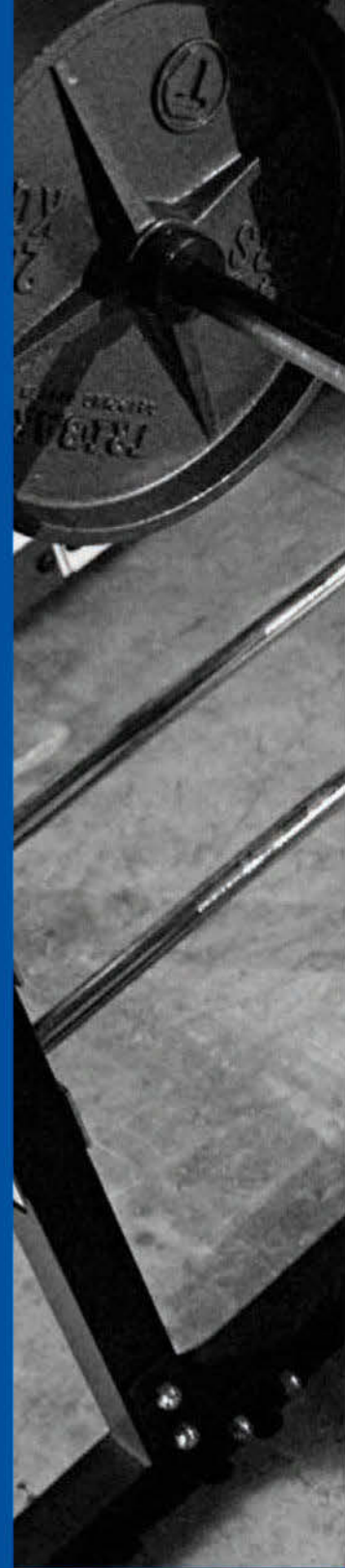


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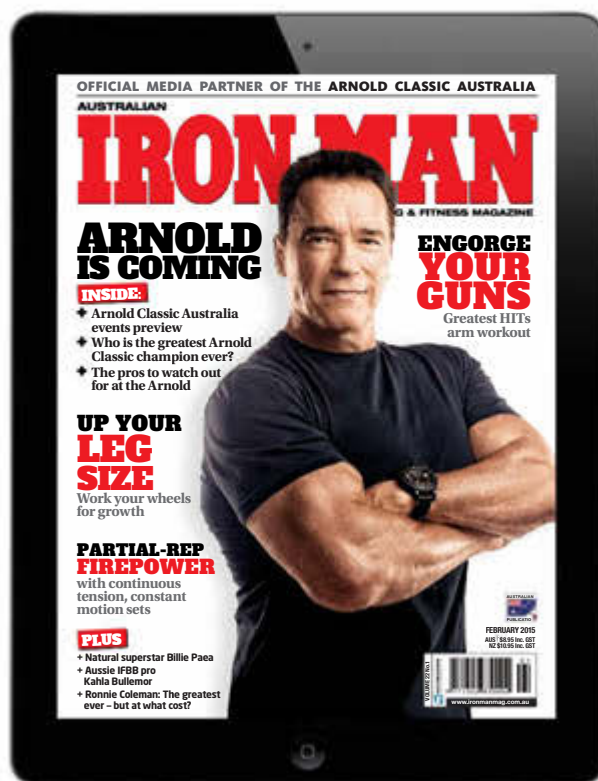
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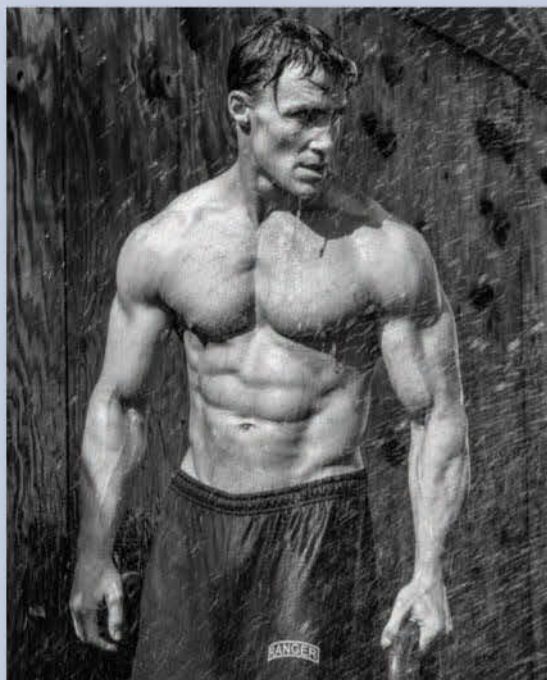
# IRON MAN INTERACTIVE

## Strong is the new ripped

Go to any gym these days and you see that squat racks are full of guys deadlifting, squatting or doing Olympic lifts. It looks like strength is back in style. It would be cool to see some articles on strong guys and how they got that way. I want to look good but I want to be able to put up some big numbers too.

— Jake Simons, via email

*We agree, Jake. Bodybuilding used to be guys who looked great but were also strong, powerful and healthy. We love guys like Franco Columbu, Tom Platz and Ronnie Coleman. They looked incredible and were crazy-strong. That's what we want to promote in Iron Man. — Ed*



## Remembering Greg Plitt

I really enjoyed all the pages devoted to Greg Plitt in the last issue [IM#22-3]. I was so sad when I learned he passed away. I feel like I have been watching him in the pages of fitness magazines for as long as I have been reading them. His physique was so inspiring, and he seemed like such a good guy. Most people think fitness models are just self-involved narcissists, but Greg seemed like he genuinely cared about his fans. And most people don't know he was a veteran. What a loss.

— Jim Krause, via email

## Home workouts


Like a lot of your readers, I assume, I work out at home. Why not more coverage for those of us who train on our own in our home gyms? We work hard and have to be creative to work with what we've got. I want to read more stories about how people train without all the machines you find in gyms.


— Andy Tanner, via email



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One of the first steps towards a healthier lifestyle is realising that first and foremost, your energy should come naturally from your nutrition, rather than from caffeine and artificial stimulants. Verda Vegan Superfood is a premium vegan supplement that powers active individuals while maximising global benefits. This all-natural choice is gluten-free, lactose-free, GMO-free and plant-based for an Earth- and body-friendly source of daily nutrition. Verda is BSCG Certified as 100 per cent banned-substance free and loaded with a myriad of healthy whole-food ingredients. With 17 grams of vegan protein, 17 grams of fibre-packed gluten-free carbs, land and sea greens, essential fats and more, Verda Superfood is primed to provide a healthy dose of daily energy that lasts to power active bodies and stimulate active minds. Verda Superfood is ready to nourish with the simple flip of a shaker cup: great for fitness enthusiasts, families and professional athletes to use.



Available in Chocolate Truffle, Vanilla Bean and Natural Berry flavours.

Available exclusively through Elite Distributors, [www.elitedistributors.com.au](http://www.elitedistributors.com.au)

## ORGANIC CACAO POWDER

### Professional Whey

Who doesn't like chocolate flavoured protein powder? Well, for the perfect chocolate flavouring, you can't go past Professional Whey's raw organic cacao powder. It's the very same cacao they use in all their cacao and cacao mint proteins. It is sourced from the Amazon rainforest of Peru and grown from an heirloom (meaning traditional) variety Criollo cacao, as opposed to the modern large scale cocoa plantations. It's celebrated by locals as the 'queen of cacao' for its fine aroma and distinctive flavour.



Cacao is becoming more and more well known as a great source of minerals but it is a great source of serotonin, dopamine, anandamide and phenylethylamine (PEA), four well-studied neurotransmitters, which are associated with feelings of wellbeing and help alleviate depression. Both PEA and anandamide (the bliss chemical) are found in abundance in the brains of happy people. We have all experienced the positive feelings associated with eating chocolate; now you have access to pure raw unadulterated chocolate in the form of organic raw cacao. It's a perfect addition to any shake/smoothie.

Available exclusively online at [www.professionalwhey.com.au](http://www.professionalwhey.com.au)

## XTEND RTDS

### Scivation

Your all-time favourite branch chain amino acid XTEND is now available in a 500ml ready-to-drink bottle in two refreshing flavours, Watermelon and Green Apple. Whether you're on the go or at the gym, XTEND RTDs are your go-to when rehydration is calling. Each bottle contains 7g of BCAAs and zero carbs, sugar or calories. As well as supporting muscle growth and recovery, XTEND also has added electrolytes to replenish whatever is lost through strenuous exercise and sweat. Pick up your XTEND RTD from the fridge or vending machine of your local health club, sports nutrition or health food store today.



Visit [www.flushfitness.com.au](http://www.flushfitness.com.au) for more info.



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In need of some serious shut eye? Meet GH REM by APS. This all-new nighttime formula has been created to help assist with your natural muscle cycle, which helps to rebuild muscle and assist with growth during sleep. Rest easier and feel better with GH REM. Mix one scoop with 300mls of water half an hour before bedtime. Be ready to experience rest like no other.

Available in a 30-serve tub in three flavours – Lemonade, Strawberry Smoothie and Exotic Fruit. Available from leading health food and sports nutrition stores nationally.



Visit [www.flushfitness.com.au](http://www.flushfitness.com.au) for more info.

## PROTEIN COFFEE

Scitec Nutrition

Attention coffee addicts: Drink your morning coffee and get your protein fix too with Protein Coffee by Scitec. With zero added sugar, Protein Coffee contains 27g of high quality-whey protein, along with 100mg of caffeine per serve. Simply heat 300ml of water to 60°C in a microwave, add one scoop of Protein Coffee and stir until dissolved. Feel like an iced-coffee? Shake it up in a shaker with some ice. It's creamy and it's delicious. Mornings never tasted so good.

Available now from leading health clubs, sports nutrition and health food stores nationally.



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## AMINO CHARGED WPI

International Protein

Dubbed 'advanced amino recovery technology', Amino Charged WPI is a blend of the highest quality cross-flow micro-filtered whey protein isolate (WPI) and whey peptides, boosted to the maximum legal amounts of natural l-glutamine and l-arginine.

With 35g of high quality protein per 40g serve, Amino Charged WPI is one of the highest protein, lowest fat, lowest carbohydrates and sugar (lactose) products available for athletes today.

The WPI in Amino Charged WPI is naturally high in bioactive peptides for muscle tissue synthesis and immunoglobulin proteins for immune system support. This nutrient packed protein contains the highest concentration (24-25 per cent) of branch chain amino acids (BCAAs), especially Leucine, of any protein source.

Best used immediately after your workout to ensure the recovery process initiated by the Amino Recovery continues (see above), leaving you ready for the next session.

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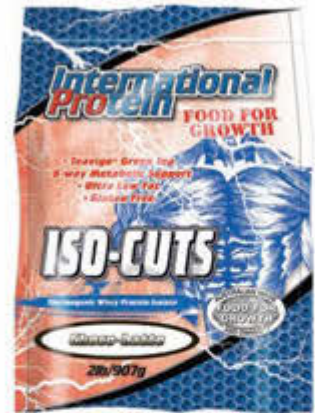
For more information, visit [www.internationalprotein.com.au](http://www.internationalprotein.com.au)

## ISO-CUTS

International Protein

Iso-Cuts Thermogenic Whey Protein Isolate features active levels of Teavigo Green Tea, natural caffeine from green coffee bean and hydroxycitric acid blended with ultra-low fat whey protein isolate for maximum fat burning results. Lipotropic amino acids, including choline, inositol and L-carnitine, support metabolic processes for optimal weight management. Iso-Cuts is available in super-rich chocolate and delicious vanilla-latte flavours to help you get lean.

Like all International Protein products, Iso-Cuts is certified by Halal Australia and is now available in a new, more convenient size.



For more information, visit [www.internationalprotein.com.au](http://www.internationalprotein.com.au)



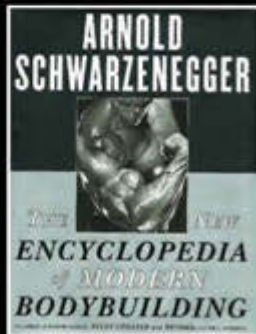
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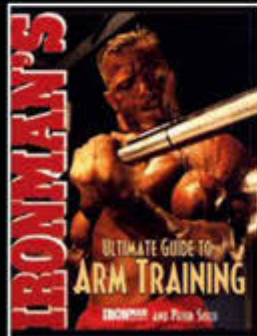
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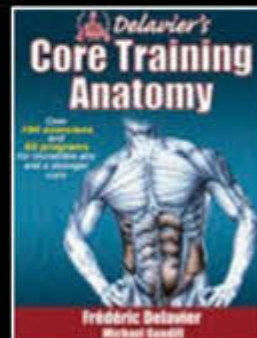
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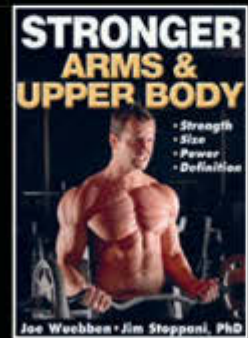
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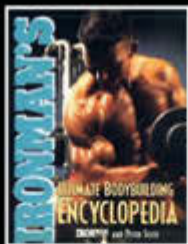
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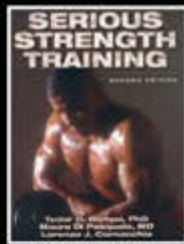
#### STRONGER ARMS AND UPPER BODY

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By Peter Sisco and Iron Man



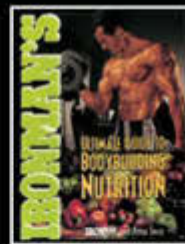
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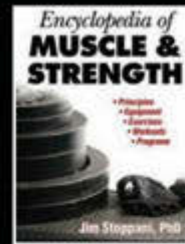
#### IRONMIND: STRONGER MINDS STRONGER BODIES

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# 2015 CALENDAR OF EVENTS

## INBA [www.inba.com.au](http://www.inba.com.au)

MONTH	DATE	EVENT	LOCATION	STATE	CONTACT
April	11-12	Southern Cross Pro Titles and Pro Qualifier	Melbourne Convention and Exhibition Centre	VIC	0402 555 505
April	18	Clash at the Coast	Batemans Bay Soldiers Club	ACT	0405 753 224
April	19	Canberra & Country Natural Classic	Hellenic Club	ACT	0403 147 999
April	19	NSW North Coast Titles	Newcastle City Hall	NSW	(02) 9633 2661
May	3	Sydney Natural Physique Classic	Sir John Clancy Auditorium	NSW	(02) 9633 2661
May	2-3	Adelaide Natural Classic	Norwood Concert Hall	SA	(08) 8373 0735
May	16-17	Adelaide Sport & Fitness Expo	Royal Adelaide Showgrounds	SA	(08) 8373 0735
May	16	Tropix Townsville Classic	Townsville Entertainment Centre	QLD	0490 078 844
May	16	Perth Natural Classic	Kingsway Indoor Stadium	WA	0403 165 496
May	17	Melbourne Natural Classic	Moonee Valley Race Club	VIC	0402 555 505
May	23	Silent Hero's Classic	Sleeman Centre, Chandler	QLD	0417 255 272
May	23-24	Brisbane Classic	Sleeman Centre, Chandler	QLD	(07) 3265 3553
May	30	City National Championships	Sir John Clancy Auditorium	NSW	(02) 9633 2661
June	13	INBA/PNBA World Championships	Dubai, United Arab Emirates		0418 166 790
June	28	All Female Classic	Moonee Valley Race Club	VIC	0402 555 505

## NABBA/WFF [www.nabba.com.au](http://www.nabba.com.au)

MONTH	DATE	EVENT	LOCATION	STATE	CONTACT
May	2	North Queensland Championships	Civic Theatre, Townsville	QLD	Mark Ryan +61 413 743 520
May	16	Conquest Classic	Sphinx Hotel, Geelong	VIC	Daniel Lancefield +61 407 889 560
May	24	Grand Classic	Bankstown Sports Club	NSW	Con 0420 947 346 or Paul 0418 410 005
May	31	Adelaide Grand Prix	Norwood Town Hall	SA	Angelo 0418 855 575 Antionette 0402 209 674 Steve 0438 805 672
June	7	NABBA/WFF International Championships	Darebin Arts Centre	VIC	Daniel Lancefield +61 407 889 560
June	14	Southern Hemisphere Championships	Gold Coast TBD	QLD	Mark Ryan +61 413 743 520
June	20	NABBA World Championships	Malta		Graeme Lancefield +61 408 350 983
June	27	WFF Universe Championships	La Ciotat, France		Graeme Lancefield +61 408 350 983

## INBF/WNBF [www.inbfwnbfaustralia.com.au](http://www.inbfwnbfaustralia.com.au)

MONTH	DATE	EVENT	LOCATION	STATE	CONTACT
October	31	Vic State Championships and Pro Show	TBA	VIC	inbfwnbfaustralia@gmail.com
November	14	WNBF World Championships	New York, USA		inbfwnbfaustralia@gmail.com

## ANB [www.anb.com.au](http://www.anb.com.au)

MONTH	DATE	EVENT	LOCATION	STATE	CONTACT
April	26	South Coast Physique Championships	Shellharbour Workers Club	NSW	Joe Kapitanof 0419 624 539
April	26	ANB SA Muscle & Model Extravaganza	TBD	SA	David Salamon 0426263655, anbba.com.au
May	10	ANB WA Warfare	Vasto Club	WA	www.anbwa.com.au
May	16-17	Sydney Natural Physique Championships	Marconi Club, Bossley Park	NSW	Robert Powell, 02 9630 0338
May	23	Natural Mania Bodybuilding & Model Search Competition	La Trobe Union Hall	VIC	Maria McCarter 0417 055 922
May	24	ANB Canberra Championships	Australian Institute of Sport	ACT	Matt 0432 273 822
May	31	Coral Coast Classic	Jupiters Casino, Townsville	QLD	Rhonda Barnes 0429 900 323

## IFBB [www.ifbbaustralia.com.au](http://www.ifbbaustralia.com.au)

MONTH	DATE	EVENT	LOCATION	STATE	CONTACT
July	25	Amanda Doherty All Female Classic	Kingston Arts Centre	VIC	Tony Doherty, tony@dohertysgym.com
July	TBA	All Female Classic Sydney	TBA	NSW	Paul and Carole Graham, carole@ifbbaustralia.com.au, 0410 403 530
August	29	Australian Country Classic	Ulumbarra Theatre, Bendigo	VIC	Tony Doherty, tony@dohertysgym.com
Oct	3	Victorian Championships	Kingston Arts Centre	VIC	Tony Doherty, tony@dohertysgym.com
Oct/Nov	TBA	South Australian Championships	TBA	SA	Grace and Andrew Crawford, 0416 304 260
Oct/Nov	TBA	West Australian Championships	TBA	WA	Mike O'Mara, 0414 443 254
Oct/Nov	TBA	Queensland Championships	TBA	QLD	Paul and Carole Graham, carole@ifbbaustralia.com.au, 0410 403 530

## WBFF [www.wbffshows.com.au](http://www.wbffshows.com.au)

MONTH	DATE	EVENT	LOCATION	STATE	CONTACT
May	9	WBFF Gold Coast Fitness and Fashion Show	The Arts Centre, Gold Coast	QLD	info@wbffshows.com.au

Please forward calendar updates or changes to [ironman@blitzmag.com.au](mailto:ironman@blitzmag.com.au)



# THE MAX MUSCLE PLAN

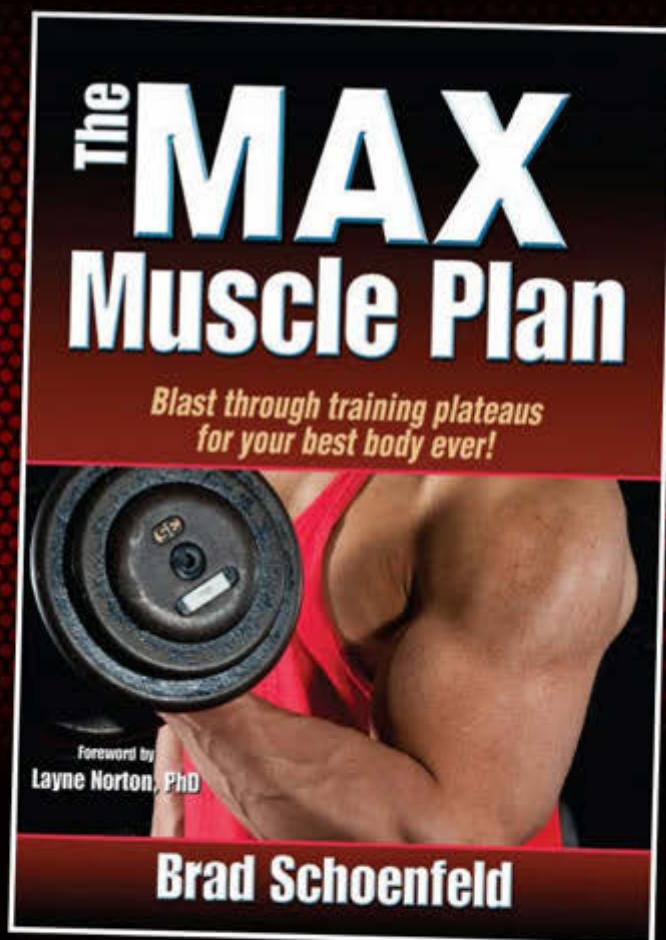
BY BRAD SCHOENFELD

**B**last through training plateaus, add lean muscle, and achieve your best body ever with The MAX Muscle Plan. This scientifically proven program will help you maximize your muscle potential and transform your physique. No gimmicks, no expensive supplements, just results.

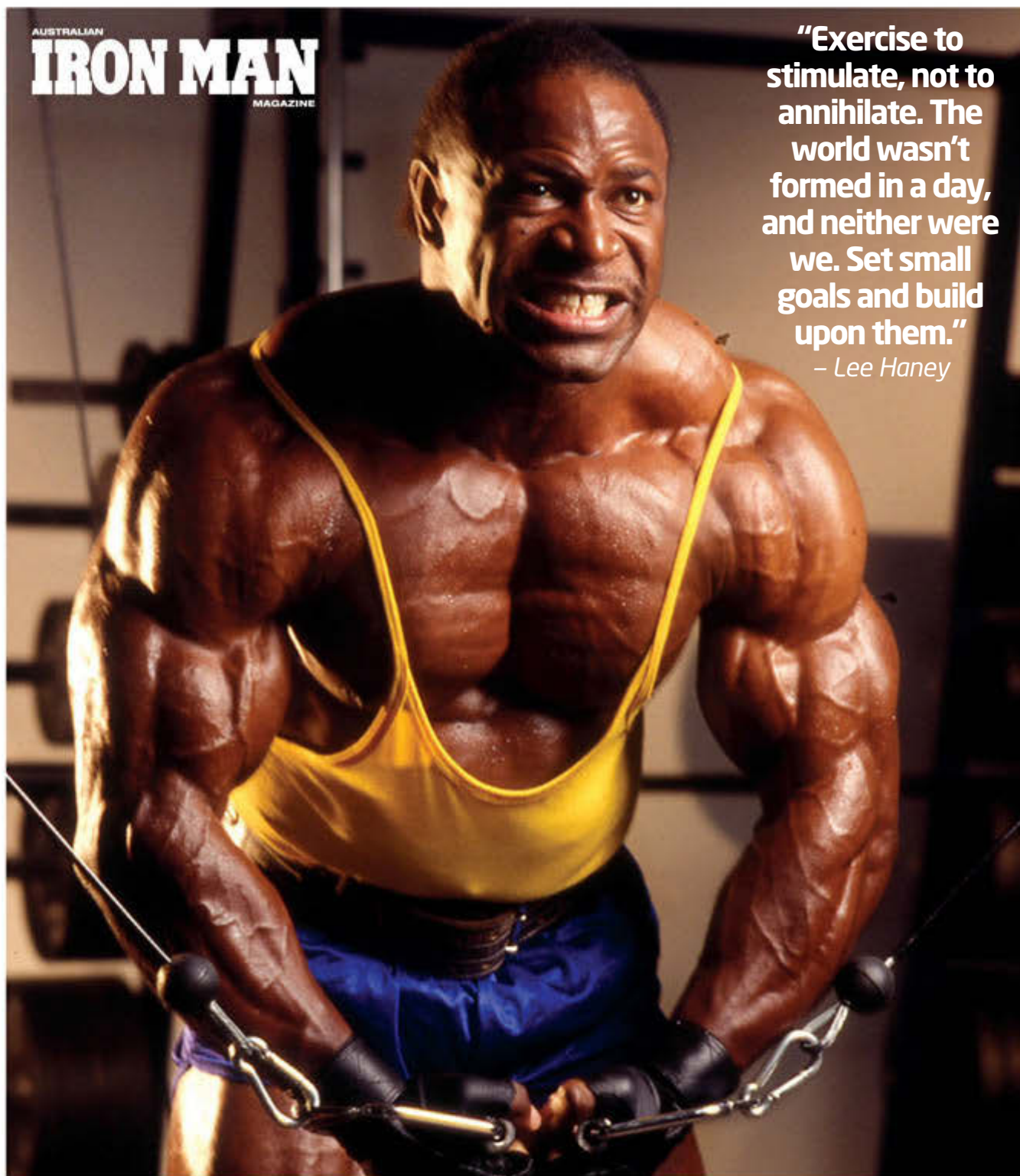
Developed by renowned strength and fitness expert and bestselling author Brad Schoenfeld, The MAX Muscle Plan is a six-month periodized program that manipulates exercise variables to generate clear and steady muscle growth. Each phase of the plan—MAX strength, MAX metabolic, and MAX muscle—is explained in detail and insights and advice for optimal performance and immediate results are provided.

With step-by-step instructions for 108 of the most effective exercises, guidance for incorporating cardio-respiratory workouts into the program, and nutrition recommendations for fueling muscle growth and recovery, The MAX Muscle Plan is your complete guide to total-body transformation.

If you're ready to take your body to the next level, turn to the scientifically based and most effective muscle building program available, The MAX Muscle Plan. The results will speak for themselves.



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or call 03 9574 8460 to order.**



**"Exercise to stimulate, not to annihilate. The world wasn't formed in a day, and neither were we. Set small goals and build upon them."**

*– Lee Haney*

Michael Neveux

## NEXT ISSUE

- Underrated Moves to Get You Huge
- Arnold Classic, Columbus, 2015: Full Report
- Aussie Mike Pearson's Journey to the Universe
- Build Classic Legs with Our Golden Age System

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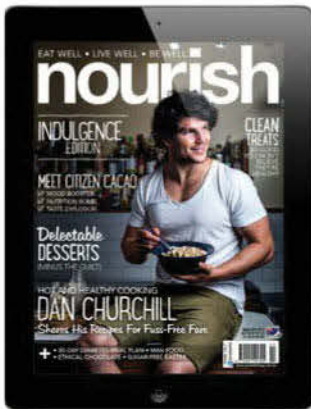
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# SUPERCARGE YOUR WORKOUT

## TWO CRUCIAL INGREDIENTS TO LOOK FOR IN YOUR PRE-WORKOUT

By Alexander Perkins

### CAFFEINE

#### WHAT IS IT?

In short? The world's favourite drug. A wonderful CNS stimulant found naturally in coffee, tea, cacao and a range of other seeds and leaves. It may not surprise you that the average Australian adult drinks around 9.2 cups of coffee per week. There's a good reason for our coffee addiction. Caffeine stimulates the release of adrenaline by inhibiting adenosine. This adrenaline release coincides with a rise of fatty acid levels in the blood stream and an increasing feeling of alertness and concentration. For most, it is this increase in alertness that drives their coffee and caffeine consumption, but what most coffee drinkers don't realise, is that there is a range of additional benefits from caffeine that have a big impact on sports performance. For instance, an increase in fatty acid levels in the blood usually coincides with the preservation of muscle glycogen, consequently enhancing endurance potential. Research also suggests that caffeine has a positive effect on muscular contraction and strength whilst also offsetting some of the negative effects sleep deprivation has on performance. Whilst there are those who theorise that the benefits to performance are offset via the dehydration often associated with caffeine, there is research to refute the hypothesis. So for anyone looking to increase endurance, delay the onset of fatigue or increase strength and focus, caffeine is a must for your pre-workout arsenal.

#### DOSAGE?

Look for a dose anywhere between 50mg-400mg. It's always better to start off small to assess your tolerance then go up from there. It's important to realise though that caffeine tolerance is a reality, and its effects on you will be reduced over continued use. Given such, it's never a bad idea to have some time off. Another key point to note is the half-life of caffeine is four hours. The half-life illustrates the time taken for half of a dose to be eradicated by the body. This is something to take into consideration when taking caffeine later in the afternoon. A 200mg dose at 6pm will mean 100mg is still coursing through your body at 10pm.

#### WHAT SPORTS SHOULD YOU USE IT FOR?

Almost any. Some athletes will find that excess caffeine consumption causes an increase in heart rate that may result in a drop in performance during high intensity workouts, although generally speaking, caffeine will elicit several benefits for most sports. Just make sure you assess your tolerance and the effect of particular doses during training and not on game day.

### BETA-ALANINE

#### WHAT IS IT?

Beta-alanine is a naturally occurring beta amino acid which once ingested can be converted to a dipeptide known as carnosine. Carnosine acts as a pH buffer in the muscles, controlling the excess hydrogen ions (H+) that accumulate with lactic acid. You may already know but it is the excess H+ that contributes to muscle fatigue under prolonged anaerobic exertion (think of that burning feeling after a 400m run at maximal effort, or a long set in the gym). By reducing the amount of free H+, you raise the pH and subsequently increase your anaerobic threshold. Studies have shown that beta-alanine supplementation has a marked positive impact on muscular carnosine levels, and this is where its inclusion in pre-workout formulas becomes vital to performance. If you can delay that burning which inhibits muscular contraction, you can maintain all-out effort for longer. Look for doses between 2000 and 4000mg.

#### DOSAGE?

Look for doses between 2000 and 4000mg. 3200mg is the dosage typically considered therapeutic.

#### WHAT SPORTS SHOULD YOU USE IT FOR?

- Bodybuilding
- CrossFit
- Any Football Code
- Short to medium distance running/swimming/cycling/rowing
- Tennis
- Boxing/MMA



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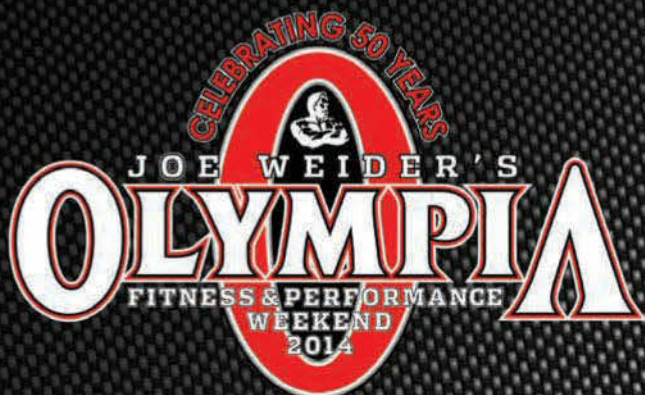
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